

# St John Action Plan

1

## D check for Danger

- To you
- To others
- To casualty



2

## R for Response

- Talk
- Squeeze



3

## S for Send for help - Call 000

- Stay calm
- Speak slowly
- Stay on the line

4

## A for Airway

- Clear
- Open



5

## B for Breathing

- Look
- Listen
- Feel



6

## Recovery Position

