

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

