

POLICIES AND PROCEDURES

HEALTH AND SAFETY

Sudden Collapse



CALL 111. Get AED, switch it on and attach it.

Severe weather may include tornados, hail storms, gale force winds or serious storms.

DANGER make sure it is safe for you to help

RESPONSIVENESS ask if they are ok. Sternum rub.

SEND for help - call 111 and get the AED

AIRWAY check and tilt head to open

BREATHING check breathing to see if normal/abnormal

CIRCULATION start chest compression. 30 compressions : 2 breaths

DEFIBRILLATOR switch on, attach, follow instructions

Know where the clubs AED's are located - on the deck, behind the bar, in WSAFC first aid box in physio area