



## FIRST AID ACTION PLAN

### DANGER

Ensure that the area is safe for yourself, others and the victim  
Students **SHOULD** call the attention of any Department/Unit staff



### RESPONSE

#### NO Response

Send for the first aid provider  
Call the College Clinic @ 5266/5154  
Call the EMS @ 9999

#### With Response

Make comfortable  
Check for injuries  
Monitor response

### SEND for help

Send for the first aid provider\*  
Call the College Clinic#  
Call the HCT emergency hotline  
Call the EMS

**5266**(Main)/**5154**(ELC)  
**92920203**  
**9999**



### AIRWAY\*\*

**Open mouth** – check if foreign material is present  
– place in a recovery position  
**Open airway** by tilting head with chin lift



### BREATHING\*\*

Check for breathing – look, listen, feel

#### NOT normal breathing

Start CPR

#### Normal breathing

Place in recovery position  
Monitor breathing  
Manage injuries  
Treat for shock



### CPR\*\*

Start CPR

Perform 30 chest compressions:  
2 breaths per cycle for 5 cycles  
or until the EMS arrives.



**PROVIDE** an incident report