**First Aid**

A = ASSESS THE SITUATION

M = MAKE SAFE

E = EMERGENCY AID

G = GET HELP

A = ASSIST THE AMBULANCE CREW

P = PREVENT

P = PROTECT

P = PROMOTE

**CPR**

D = DANGERS

R = RESPONSE

S = SHOUT FOR HELP

A = AIRWAYS

B = BREATHING

C = CHECK FOR BLEEDING

30 COMPRESSIONS : 2 BREATHS 100 COMPRESSIONS : 1 MINUTE