



# EMERGENCY?

**CALL 999**

**THEN CALL THE VOLUNTEER  
EMERGENCY TELEPHONE SYSTEM  
01404 565911**

**DRS ABCD  
IS THE  
PROCESS  
TO  
FOLLOW**

**D**

**DANGER**

**Ensure The Scene is Safe**

For yourself and others. If it is not safe or you are uncertain call 999 and wait for help to arrive.

**R**

**RESCUE**

**Check The Casualty Needs Help**

Check response by TALK & TOUCH Speak to the casualty in both ears, tap collar bones.

**S**

**SHOUT**

**Shout For Help!**

If the casualty does not respond, SHOUT for help. Do not leave them at this stage. **Dial 999 now!**

**SEND FOR FURTHER HELP - RING FOR A VOLUNTEER EMERGENCY ASSISTANT**

**PHONE VETS - 01404 565911**

You may ask the Ambulance operator to call the VETS number for you to summon assistance.

**OR**

**01404 565911 - PHONE VETS!**

The Ambulance operator may release the call, allowing you to then dial the VETS number.

**A**

**AIRWAY**

**Ensure Airway Is Open & Clear**

Open the airway by lifting the casualty's chin and tilting their head back. Do not put your fingers in the casualty's mouth, you may push an obstruction further down.

**B**

**BREATHING**

**Look, Listen & Feel For Normal Breathing**

Keep the head tilted back and listen for breathing. Look to see if the chest is moving, if in doubt or the casualty is not breathing normally **call 999!**

**C**

**COMPRESSIONS**

**If Not Breathing Normally Start Compressions**

Place your hands in the center of the casualty's chest and press down hard, press 2x a second.

**D**

**DEFIBRILLATOR**

**Get Someone To Fetch The Defib!**

If you got help from VETS or elsewhere send them to get the defibrillator, attach the pads and follow the instructions given by the machine.

**CONTINUE  
COMPRESSIONS  
UNTIL  
AMBULANCE ARRIVES**

**SURVIVAL  
IS A  
COMBINATION  
OF CPR &  
DEFIBRILLATION**

