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