

# Medical Emergency

1. Call out for assistance. Ask someone to get or phone for an AED (Automated External Defibrillator) if needed.
2. **DIAL 6111** and state “**MEDICAL EMERGENCY**”. Provide as much **detail of the event** as you can, eg, possible cardiac or respiratory arrest, sudden death, accident, psychotic episode, seizure. If using a mobile phone, **DIAL 0800 823 637**.
3. Provide emergency assistance until the arrival of an ambulance or qualified medical assistance.

## Stay Calm, Stop and Think

- D** – Check for dangers.
- R** – Check for response.
- S** – Send for help.
  
- A** – Open airway.
- B** – Check for normal breathing.
- C** – Start CPR (Cardio Pulmonary Resuscitation):  
*Give 30 chest compressions (at a rate of 100-120 per minute) followed by 2 breaths.*
- D** – Attach AED as soon as possible and follow prompts.

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