

Checking an Ill or Injured Person

Appears to be unconscious

For Adult (Age 12 or older)

(TIP: Wear disposable gloves and personal protective equipment.)

1. **CHECK** scene, then **CHECK** person.
2. Tap shoulder and shout, "Are you okay?"
3. No response, **CALL 9-1-1**.

(TIP: If an unconscious person is face-down—Roll face-up supporting head, neck and back.)

4. Open airway (tilt head, lift chin), **CHECK** for signs of life (movement and breathing) for no more than **10** seconds.
5. If no breathing, give **2** rescue breaths.

*(TIP: Irregular, gasping or shallow breaths are **NOT** effective.)*

6. If breathing, place in recovery position and monitor Airway, Breathing and Circulation (**ABCs**).