

## **Basic Life Support**

D Dangers?

R Responsive?

S Send for help

A Open Airway

B Normal Breathing?

C Start CPR
30 compressions: 2 breaths

D Attach Defribrillator (AED)
as soon as available, follow prompts

Continue CPR until responsiveness or normal breathing return

Our defibrillator can be found at:

Our club's qualified first aiders are:

Does everyone at the Club know where your AED is located – players, volunteers, members etc, are there signs around the venue to make it easy to find:



Ensure there is someone responsible for the maintenance of the AED. Check regularly that the defib is ready to use, the battery is charged and pads are available:



Always debrief after the use of an AED.

This publication is created and published for informational purposes only. It is not intended to be a substitute for any individual situation, professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition.

Marsh Pty Ltd (ABN 86 004 651 512, AFSL 238983) ("Marsh") arrange the insurance and is not the insurer. The Discretionary Trust Arrangement is issued by the Trustee, JLT Group Services Pty Ltd (ABN 26 004 485 214, AFSL 417964) ("JGS"). JGS is part of the Marsh group of companies. Any advice in relation to the Discretionary Trust Arrangement is provided by JLT Risk Solutions Pty Ltd (ABN 69 009 098 864, AFSL 226827) which is a related entity of Marsh. The information contained herein is based on sources we believe reliable, but we make no representation or warranty as to its accuracy. Marsh shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. For full details of the terms, conditions and limitations of the covers and before you decide whether this policy suits your needs or making any decision about whether to acquire the product, refer to the specific policy wordings and/or Product Disclosure Statements available from Marsh on request.



