

Basic Life Support



D Dangers?

R Responsive?

S Send for help

A Open **Airway**

B Normal **Breathing?**

C Start **CPR** 30 compressions : 2 breaths
Can't perform rescue breaths continue chest compressions

D Attach **Defibrillator (AED)**
As soon as available and follow its prompts

Continue CPR until responsiveness or normal breathing returns

In cases of serious incidents, where a person is showing life-threatening signs and/or symptoms, the standard DRSABCD, on left, must be followed and medical assistance called for.

Aiki Kai Australia has a Mat Accident Procedure, on right, that must be followed in an incident where an injury has been sustained or an injury is suspected.

It is important that the steps in the Mat Accident Procedure are followed and where there is any indication an injury has been sustained training must stop to assess if there is an injury. If medical assistance is required either an ambulance should be called or steps taken to ensure the injured person can obtain the medical assistance required.

An incident report is to be completed at the time of the incident.

Aiki Kai Australia Mat accident procedure

STOP training!

Examine injury

If moveable **Escort** from mat

Inform instructor

Rest minimum 10 minutes

Apply **First-Aid**, if required

Seek **Medical Help**, if required

Complete **Incident Report** form

Follow Up if more than a bandaid

The well-being of a fellow trainee may be in your hands