

B	I	N	G	O
Shock	30/2	Danger	Promote	Keep airways open
Breathing	SEEP	Personal First Aid Kit	999	Prevent
Respond	Singing	FREE	Airway	Grid reference
Heat Exhaustion	Recovery Position	Hypothermia	DofE Leader	Never be alone
Dehydration	Assess the situation	Preserve	Walking Boots	CPR

B	I	N	G	O
Singing	999	Promote	Breathing	Personal First Aid Kit
Danger	Walking Boots	Keep airways open	Assess the situation	Prevent
Heat Exhaustion	Airway	FREE	Grid reference	30/2
DofE Leader	Preserve	Shock	CPR	Recovery Position
Hypothermia	Never be alone	Respond	SEEP	Dehydration

B	I	N	G	O
Assess the situation	Preserve	999	Never be alone	Airway
Shock	Heat Exhaustion	Hypothermia	SEEP	Keep airways open
Respond	CPR	FREE	Recovery Position	DofE Leader
Singing	Prevent	Promote	Walking Boots	Danger
Grid reference	30/2	Personal First Aid Kit	Breathing	Dehydration