FIRST RESPONSE

Stella's 5 step check

START HERE



01

SAFE

Check the surroundings before approaching.

02

RESPOND

Speak gently. Check for a response.

03

BREATHE

Look for normal breathing. Gasping is not normal.

04

ACT

Not breathing normally and unresponsive? Begin CPR.

05

CALL

Get emergency veterinary help. Manage major bleeding.

CANINE CPR MEMORY CARD

Barney's rhythm guide

FOR DOGS | RECOVER 2024 + 2026



01

CHECK

Unresponsive and not breathing normally? Start CPR.

02

POSITION

Most dogs lie on their side. Hand position depends on chest shape and size.

03

PRESS

100 to 120 per minute. On the side, compress 1/3 to 1/2 chest width.

04

BREATHE

30 compressions then 2 mouth to nose breaths if safe. Repeat.

05

REPEAT

Allow full recoil; minimise pauses. Swap rescuers about every 2 minutes.

SEVERE CHOKING

Barney needs air

CHECK THE AIRFLOW



01

COUGHING?

Effective coughing differs from severe obstruction.

02

BACK BLOWS

For severe conscious obstruction, up to 5 beside the spine.

03

STILL BLOCKED?

Use the alternative technique taught by an instructor.

04

UNCONSCIOUS?

30 compressions, then check for a visible object.

05

CONTINUE

Remove only an accessible object. Give 2 breaths if safe.

HEAT ILLNESS

Barney gets too hot

COOL FIRST



01

STOP

Stop activity and move out of the heat.

02

WATER

Run cool water through the coat to the skin.

03

AIRFLOW

Add a fan or moving air when available.

04

CALL

Contact the emergency vet while cooling.

05

TRAVEL

Arrange prompt veterinary assessment.

HEAVY BLEEDING

Stella's pressure plan

PRESS AND HOLD



01

COVER

Use a clean dressing or cloth.

02

PRESS

Apply firm continuous pressure.

03

KEEP IT ON

Add another layer if the first soaks through.

04

LOOK

Pale gums or collapse can signal shock.

05

GO

Seek urgent veterinary care.

SUSPECTED POISON

Barney's detective card

COLLECT THE CLUES



01

STOP

Prevent further exposure if safe.

02

CALL

Contact a vet immediately, even without symptoms.

03

IDENTIFY

What product or substance was involved?

04

DETAILS

Record amount, time, dog weight and symptoms.

05

TAKE

Bring the packaging or a clear photograph.

SEIZURE

Stella's calm space

TIME • CLEAR • QUIET



01

TIME

Start a timer.

02

CLEAR

Move hazards away and keep others back.

03

QUIET

Reduce bright light and noise.

04

OBSERVE

Note duration, recurrence and recovery.

05

CONTACT

Seek urgent help for prolonged or repeated seizures.

BREATHING & COLLAPSE

Barney's breathing check

MAKE SPACE TO BREATHE



01

NOTICE

Laboured breathing, weakness or blue grey gums.

02

CALM

Minimise stress and unnecessary handling.

03

POSITION

Let the dog choose the easiest breathing position.

04

URGENT

Seek emergency veterinary help.

05

CHECK

If unresponsive and not breathing normally, start CPR.

BURNS & EYES

Stella and Barney's care

COOL • PROTECT • CALL



01

POWER

For electrical injury, isolate the source first.

02

COOL

Cool thermal burns with running water for 20 minutes.

03

PROTECT

Keep the rest of the dog warm.

04

EYES

Prevent rubbing. Never press on an injured eye.

05

HELP

Contact a vet for burns, shocks or eye injury.

ABDOMEN, COLD & TRAUMA

Barney's emergency clues

NOTICE • SUPPORT • GO



01

ABDOMEN

Repeated empty retching or painful swelling is urgent.

02

COLD

Shelter, dry and insulate. Warm gently.

03

TRAUMA

Internal injuries may not be visible.

04

SUPPORT

Support shoulders and pelvis when moving.

05

TRAVEL

Confirm the emergency clinic and travel carefully.

EMERGENCY ACTION PLAN

Your printable notes

FILL IN BEFORE YOU NEED IT



Dog's name, age and weight

Normal breathing, response and movement

Disabilities and handling needs

Conditions and allergies

Medicines and last dose

Individual veterinary instructions

Regular vet and telephone

Emergency clinic and telephone

Emergency address

Transport helper and backup

First aid kit location

INCIDENT & HANDOVER

Your printable notes

FILL IN BEFORE YOU NEED IT



Date, time and location

What happened or possible exposure

Response and breathing

Other observations

First aid given and start time

Medicines under an existing plan

Vet contacted and advice

Destination and handover time

Follow up and kit replenishment