



If the casualty becomes unconscious, follow the instructions below.

CARDIOPULMONARY RESUSCITATION (CPR)

CHECK

Danger Approach with care

Response Is the casualty conscious?

Gently shake and shout loudly
"Are you all right?" If no response,
shout for help

Airway Open by tilting head back and
lifting chin

Breathing Look, listen and feel for signs of
normal breathing. If there are signs
of breathing, place the casualty in
the recovery position.

ACTION If unconscious and NOT
breathing normally

**PHONE 999 / 112 FOR AN
AMBULANCE**

Then turn casualty onto back.

START CPR

1. GIVE 30 CHEST COMPRESSIONS

- Place the heel of one hand in the centre of the casualty's chest and the heel of the other hand on top. Interlock the fingers.
- Depress and release breastbone 4 to 5 cms (1 ½ to 2 inches), **30 times**.
- Do this at the rate of about **100 per minute**, that's almost **2 per second**.

2. GIVE 2 RESCUE BREATHS

- Open the airway again.
- Pinch nose closed, take a normal breath, make a firm seal around the mouth and breathe steadily into casualty.
- Make sure chest rises and falls.

**REPEAT 30 COMPRESSIONS AND THEN
2 RESCUE BREATHS**

KEEP GOING UNTIL:

- Casualty shows signs of life
- Professional help arrives
- You become exhausted