

CPR FOR EVERYONE

Hazards?
Ensure safety

Hello?
Tap and shout: 'Are you okay?'

Is the person:

Awake?
Breathing?
Call for help?

Help!
Local Ambulance:
112
10177

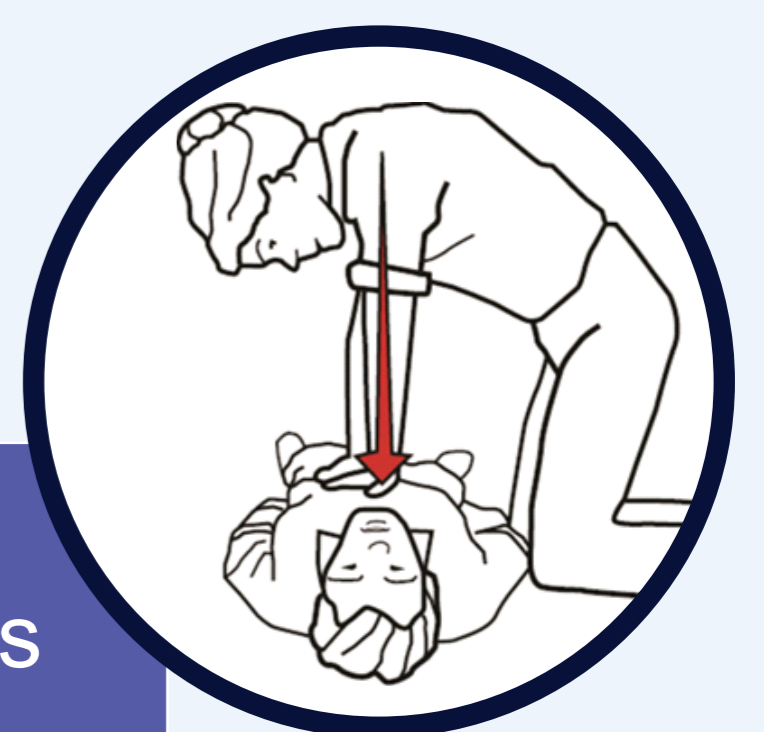


Awake or breathing normally?

- Roll patient on their side.
- Keep checking for breathing until help arrives.

Not awake and not breathing normally?

- Push on the middle of the chest 30 times
- Give 2 breaths



AED
• Use AED when it arrives

KEEP DOING CPR UNTIL HELP ARRIVES

If unable to give breaths, push on the chest repeatedly

How to use an AED

- Switch "on"
- Follow the voice prompts
- Attach pads to bare chest
- Attach end of cable to AED
- Stand clear and allow analysis
- Press shock button if prompted
- Immediate CPR after shock delivered, starting with chest compressions