

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

