READY AT HOME · FIRST AID CARD

CPR

Hands-only or with breaths: what to do, step by step

EMERGENCY

112 or 999

Any phone, any network, free

Signs to look for: start CPR when someone

- **doesn't respond** when you speak loudly and tap their shoulders, **and**
- **isn't breathing normally**. Occasional gasps are a reflex, not normal breathing.

Starting quickly gives the best possible chance, and you can't make things worse by trying. The call-taker will count with you.



1. Call **112 or 999** and put the phone on speaker. Ask someone to bring a defibrillator (AED).
2. Kneel beside them. Heel of one hand in the **centre of the chest**, other hand on top, fingers linked.
3. Arms straight, shoulders over your hands.
4. Press down firmly, **5-6 cm**, then let the chest come fully back up.
5. Keep a steady pace of **100-120 a minute**: the beat of 'Staying Alive'.
6. Trained and willing? Give 2 rescue breaths after every 30 presses. If not, keep pressing. Both help.
7. Keep going until the AED is ready, help takes over, or they start breathing normally.



Using a defibrillator (AED)

AEDs are made for anyone to use. Open the lid or press the green button and it talks you through each step.

- Stick the pads on bare skin, exactly where the pictures show.
- Nobody touches the person when it says 'analysing' or 'shock'.
- Start pressing again as soon as it tells you to.

Children and babies

Begin with **5 rescue breaths**, then 30 presses to 2 breaths. Press about **one-third of the chest's depth**: one or two hands for a child; for a baby under 1, hands around the chest with both thumbs on the centre (your mouth over the baby's mouth and nose for breaths). On your own? Call on speaker and start straight away.

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