

Collapsed and not breathing? Start CPR.

You cannot make it worse. Every minute without CPR cuts survival by 10%.

1

Shake and shout.

No response? Check breathing for up to 10 seconds. Gasping is NOT normal breathing.

2

Call 999 on speaker.

Send someone for a defibrillator. If alone, don't go looking: start CPR.

3

Heel of hand on centre of chest, other hand on top, arms straight.

4

Push hard and fast.

5 to 6 cm deep. Twice a second (the beat of "Stayin' Alive"). Let the chest come fully back up.

5

If trained: 30 pushes, then 2 breaths.

If not, just keep pushing. Hands-only CPR works.

6

Defibrillator arrives? Turn it on and follow the voice.

It only shocks if needed. Anyone can use it.

7

Don't stop

until they wake up, the AED tells you to stand clear, or the ambulance crew takes over. Swap every 2 minutes if you can.

Push hard. Push fast. Don't stop.