# If someone collapses, follow these instructions



The Community HeartBeat Trust



### For yourself and others.

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If it is not safe or you are uncertain call 999 and wall for help to arrive.

#### Check the casualty needs help

Check response by TALK & TOUCH.

Speak to the casualty in both ears, tap collar bones.

#### SHOUT for HELP

SHOUT

If the casualty does not respond, SHOUT for help Do not leave them at this stage. Dial 999 now!

#### Ensure the airway is OPEN & CLEAR

Open the airway by lifting the casualty's chin and tilting their head back. Do not put your fingers in the casualty's mouth, you may push an obstruction further down.

# LOOK, LISTEN & FEEL for normal breathing

Keep the head tilted back and listen for breathing. Look to see if the chest is moving. If the casualty is not breathing normally or you have any doubt, call 999.

BREATHING

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AIRWAY

# If not breathing normally start compressions

Place your hands in centre of the casualty's chest and press down hard. Just do compressions unless you feel confident to give breaths at rate 30:2. Press 2x per second.

COMPRESSIONS

#### Get someone to fetch a Defibrillator

Get your nearest community defibrillator, attach the electrodes (pads) and follow the audio instructions from the machine.

DEFIBRILLATION

# ADDITIONAL COMPRESSION/BREATHING INFORMATION

If you are unable or unwilling to give rescue breaths just do the compressions continuously.

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GENCY USES

- Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths
- Repeat 30 compressions and 2 breaths sequence
- Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT

USE 2 HANDS & COMPRESS 5-6 cm

FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH

USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

FOR AN INFANT

Augmented reality — if you would like to see some videos on how to do chest compressions and how to use a defibrillator, use your smart phone to scan these QR codes.

Community Heartbeat Trust







Defibrillator



The Community Heartbeat Trust – the UK's community defibrillator charity – www.communityheartbeat.org.uk