

If someone collapses, follow these instructions



ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ 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
FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

COMMUNITY HEARTBEAT
 The Community HeartBeat Trust



Get it!

Get someone to fetch the defibrillator. The ambulance service will tell you the code to get into the cabinet.



Cut off!

Use scissors to cut off clothing. Expose the casualty's chest.



Tear open!

Open the defibrillator. Lift the pre connected package from the lid and tear it open along the dotted line. Take out the pads.



Stick!

Attach the pads to bare skin as shown.



Listen!

Follow the instructions the defibrillator gives you.