



HOW TO DO CPR

Cardiopulmonary resuscitation, or CPR for short, is a simple life-saving technique given to someone in cardiac arrest. It aims to take over the job of the heart and lungs by keeping blood and oxygen flowing through the body.

1

CHECK FOR DANGER

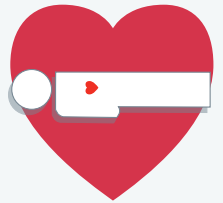
Look around for risks to make sure you won't be putting yourself in danger by helping.



2

CHECK FOR RESPONSE

Gently shake the person by the shoulders and ask if they can hear you.



3

SHOUT FOR HELP

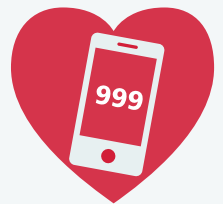
If you don't get a response and the person is not breathing or not breathing normally (do not put your face next to theirs when checking), they are in cardiac arrest and you should shout for someone to help you.



4

CALL 999

Call 999 and make sure an ambulance is on its way. You will be talked through what to do and given the location of a defibrillator if there is one nearby.



5

COVER MOUTH AND NOSE WITH CLOTH

If you think there is a risk of infection, place a cloth, towel or piece of clothing loosely over the patient's mouth and nose.



6

START HANDS-ONLY CPR

Put your two hands together and interlock your fingers, place your hands in the centre of the chest and push hard and fast to the beat of Stayin' Alive or Baby Shark. Keep going until professional help arrives or the person starts to regain consciousness.



7

USE A DEFIBRILLATOR

Please see our 'How to use a defibrillator' poster.

