



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

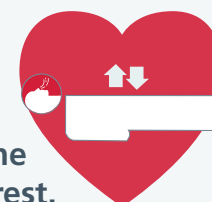
If alone, shout to attract attention so you have someone to help you.



4

LOOK AND LISTEN FOR SIGNS OF NORMAL BREATHING

Look for the rise and fall of their chest. If you don't get a response and the person is not breathing, or not breathing normally, they are in cardiac arrest.



5

CALL 999

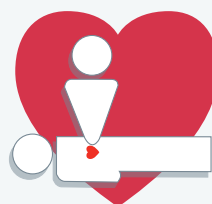
Call 999 and make sure an ambulance is on its way. You will be talked through what to do and given the location of a defibrillator if there is one nearby.



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.

