

CARDIAC ARREST

FIRST AID:

STEP 1: Shake and shout

- First things, first... check for danger and anything that could put you at risk.
- Gently shake the person who's unconscious and try to get them talking.
- If you're on your own shout for help but don't leave the person.

STEP 2: Check breathing

A person suffering a cardiac arrest won't be breathing.

Keeping their head back check for signs they are breathing.

They include:

- regular chest movements
- listening for breathing
- feeling for breath against your cheek

Look and listen for no more than ten seconds.

If you're not sure, assume they're NOT breathing.

Open their airway, by putting your hand on their forehead and gently tilting their head back.

Lift the person's chin using two fingers of your other hand.

If you're certain they're breathing put them in the recovery position and dial 999.

STEP 3: Call 999

- If someone isn't breathing, get someone nearby to dial 999.
- And ask if there's a public access defibrillator available.
- If there's no one to help, call 999 then start CPR.

STEP 4: Give 30 chest compressions

- Kneel next to the person.
- Place the heel of one hand in the middle of their chest and the your other hand on top, and interlock your fingers.
- Using straight arms, press down into the breast bone firmly and smoothly, so the chest is pressed down by 5-6cms.
- Release and repeat at a rate of around two per second.
- Give 30 chest compressions.

STEP 5: Two rescue breaths

- Open the person's airway, tilt back their forehead and lift their chin.
- Pinch their nose.
- And take a normal breath, make a seal around their mouth and breathe out.
- You should see the person's chest rise and fall as you do it.
- Repeat twice - the two breaths should take no longer than five seconds.

STEP 6: Repeat

- Keep repeating 30 chest compressions and two rescue breaths until paramedics arrive.
- If you would rather not give rescue breaths, call 999 and continue with chest compressions, it's better than doing nothing.