

CPR Chart

EASY AS **123..** **ABC..**



1



Ensure the scene is *Safe*
for yourself and the casualty

2



Check response by
Tapping shoulders & Shouting

3

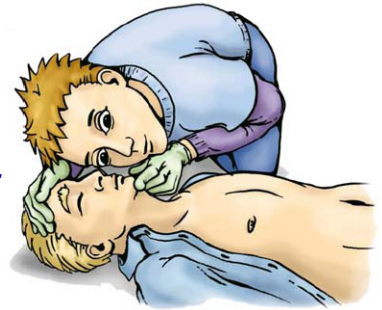


HELP

If unresponsive shout for help

AIRWAY

Tilt head & lift chin
Ensure airway is *Open and Clear.*



BREATHING

Look, Listen and Feel for normal breathing.
Check breathing for no more than 10 seconds
Keep the airway open
If not breathing call 999



COMPRESSIONS

Start compressions
Give 30 compressions then 2 breaths
Repeat sets of compressions & breaths

DEFIBRILLATION

Automated External Defibrillator (AED)
If available turn on AED and follow the
Voice prompts.



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