



Basic Life Support & Automated External Defibrillation



Check response

Shake gently
Ask loudly: "Are you all right?"



If not responsive

Open airway & check for breathing

If not breathing normally or not breathing

Call 112, find & bring an AED

Start CPR immediately



Place your hands in the centre of the chest
Deliver 30 chest compressions:

- Press firmly at least 5 cm deep at a rate of at least 100/min
- Seal your lips around the mouth
- Blow steadily until the chest rises
- Give next breath when the chest falls
- Continue CPR



CPR 30:2

If breathing normally



Turn into recovery position

- Call 112
- Continue to assess that breathing remains normal



Switch on the AED & attach pads

Follow the voice prompts immediately
Attach one pad below the left armpit
Attach the other pad below the right collar bone, next to the breastbone
If more than one rescuer: don't interrupt CPR



Stand clear & deliver shock

Nobody should touch the victim
- during analysis
- during shock delivery

Follow AED instructions.

Continue CPR unless the victim start to wake up, move or breathe normally.