

CPR training card

Print, cut and fold to make this into the perfect wallet companion. You never know when this simple first aid instruction could save someone's life.

Cut

Fold

Ask me what to do if someone is having a cardiac arrest

#CPRSAVESLIVES

St John Ambulance 

1. If someone is unconscious and not breathing normally, do not put your face near to theirs.
2. Call for an ambulance.
3. Use a towel or piece of clothing and lay it over the mouth and nose.
4. **DO NOT** do mouth-to-mouth
5. Start chest compressions to the tempo of "Staying Alive"
6. Use a Public Access Defibrillator if one is available.



WATCH A CPR VIDEO

#AskMe is our new campaign that highlights how first aid saves lives

SJA.ORG.UK/ASKME

Text GIVE to 70099 to donate £3

Texts will be charged at £3 plus one message at your standard network rate; the charge will show on your bill and the sender will show as a five digit number, not St John Ambulance. A minimum of £2.90 will be donated to the charity once network providers have taken out their costs.

©2021 St John Ambulance | Charity no. 1077265/1 | BC17031

