Ask me what to do if someone is unresponsive and not breathing normally

1. Call 999/112 for emergency help

- > Ask if an AED is nearby.
- 2. Lay a piece of towel or clothing over the casualty's nose and mouth





3. Pump

- 30 chest compressions at a rate of 100-120 per minute.
- > Do not give rescue breaths.
- Continue to pump until help arrives.





During a pandemic, please refer to the UK resus council at www.resus.org.uk for any CPR practice changes.

