



### Danger

Check for hazards around the casualty before approaching.

### Response

Press firmly on the casualty's collar bones and ask loudly "Are you all right?" If there is no response...

### Airway

Open the airway by tilting the casualty's head backwards, supporting the chin by placing two finger tips under their chin.

### Breathing

Look, listen and feel for normal breathing. If the casualty is breathing normally place them in the recovery position. If they are not breathing call 999 or 112 immediately and get an AED if available.



Recovery Position

### CPR

If the casualty is not breathing normally, begin CPR.

Start compressions by placing the heel of your hand in the centre of the casualty's chest.

Place your other hand on top & interlock your fingers.

Perform 30 chest compressions at a rate of 100-120 per minute. The table below shows how deep to compress the chest.

Then open the airway again, pinch the nose and give 2 rescue breaths by making a seal around their mouth with yours & blow into their mouth until their chest rises.

Continue repeating this cycle until help arrives or the casualty regains consciousness (starts to cough, opens eyes, speaks AND starts to breath normally).

### Defibrillator

If available, switch on the AED and follow the visual or voice prompts.

# First Aid Information RESUSCITATION

Your first aid training is provided by



📞 01323 886138 Eastbourne 01293 230236 Crawley  
✉️ hello@mccrudden-training.co.uk

we are an accredited training centre of



## ADDITIONAL COMPRESSION INFORMATION

Adult	Child	Infant
Use 2 Hands	Use 1 or 2 Hands	Use 2 Fingers
Compress 5-6cm	Compress >1/3 Chest	Compress >1/3 Chest