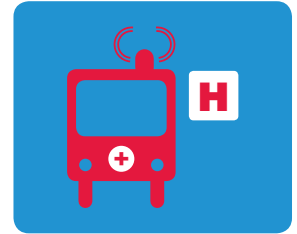
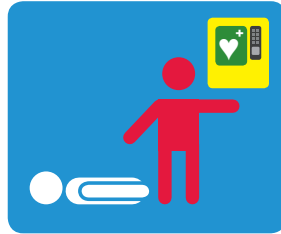


# COMMUNITY HEARTBEAT

The Community HeartBeat Trust



**D**



**DANGER**

**Ensure the scene is SAFE**

For yourself, others and the casualty but remember that your safety comes first.

**R**



**RESPONSE**

**Check response by TALK & TOUCH**

Speak to the casualty in both ears, tap on shoulder and if unresponsive, shout for help and call 999 without delay.

**A**



**AIRWAY**

**Ensure airway is OPEN & CLEAR**

Make sure there is nothing blocking the mouth. Try lying the casualty on their side in recovery position to drain anything from the mouth if appropriate to do so.

**B**



**BREATHING**

**LOOK, LISTEN & FEEL for normal breathing**

Keep the airway open by tilting the head back slightly. Check breathing by placing your ear over the casualty's mouth and listen for breathing. Look to see if chest is moving. If the casualty is not breathing normally, dial 999.

**C**



**COMPRESSIONS**

**If not breathing normally start compressions**

Place hands in centre of chest and press down hard. Give 30 compressions then 2 breaths, then 30 more compressions at one per second. Continue until help arrives or you are too tired to continue or the casualty recovers.

**D**



**DEFIBRILLATION**

**Get someone to fetch your community AED**

Get your nearest community defibrillator, attach the electrodes and follow the audio instructions given until the ambulance or other medical help arrives. Do not be afraid - you can't do anything wrong!

## ADDITIONAL COMPRESSION/BREATHING INFORMATION

- Give 30 compressions at a rate of 100 per minute and then give 2 breaths
- Repeat 30 compressions and 2 breaths sequence
- If rescue breaths are unsuccessful you will need to clear the airway after the next cycle of compressions

**FOR AN ADULT** USE 2 HANDS & COMPRESS THE CHEST 4-5cm  
**FOR A CHILD** USE 1 HAND & COMPRESS 1/3 CHEST DEPTH  
**FOR AN INFANT** USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH



[www.communityheartbeat.org.uk](http://www.communityheartbeat.org.uk)