

# If someone collapses, follow these instructions



## ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT USE 2 HANDS & COMPRESS 5-6 cm  
 FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH  
 FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

**COMMUNITY HEARTBEAT**  
The Community HeartBeat Trust



### Get it!

Get someone to fetch the defibrillator. The ambulance service will tell you the code to get into the cabinet.



### Cut off!

Use scissors to cut off clothing. Expose the casualty's chest.



### Tear open!

Open the defibrillator. Lift the pre connected package from the lid and tear it open along the dotted line. Take out the pads.



### Stick!

Attach the pads to bare skin as shown.



### Listen!

Follow the instructions the defibrillator gives you.