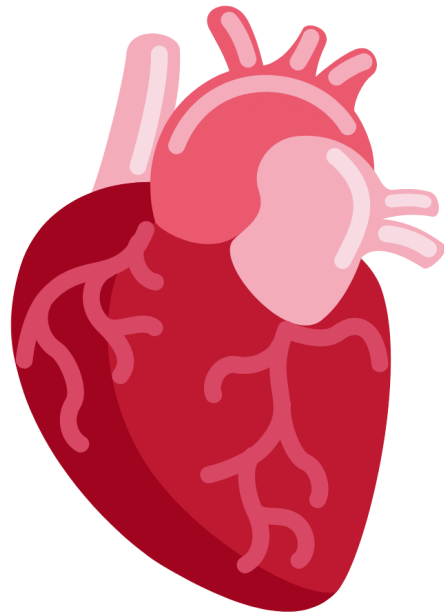


how to help someone in cardiac arrest.



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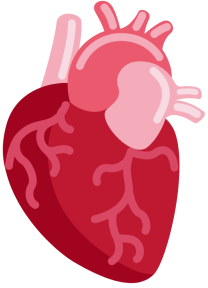
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what is a cardiac arrest?



when someone's heart stops beating it is called a cardiac arrest.



cardiac arrests are a medical emergency.



you can help someone in cardiac arrest.



but you should check you feel safe first

spotting a cardiac arrest



the person who has had a cardiac arrest will not be awake.



shake the person gently to check if they can wake up.

spotting a cardiac arrest part 2



the person who has had a cardiac arrest will not be breathing.

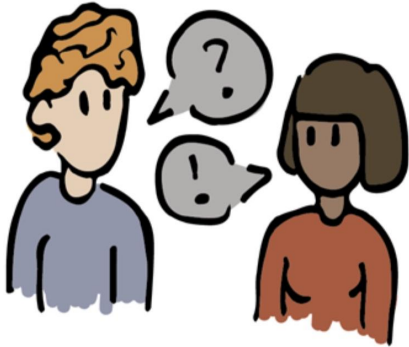


put your hands on their tummy to check for breathing.



if they are not breathing their tummy will not be going up and down.

Call for help



call out to people around you
and ask for help.



call "999" and ask for an ambulance



the person on the phone will help
you

CPR



pushing on a person's chest can help their heart

this is called CPR



use both hands together to make them stronger.

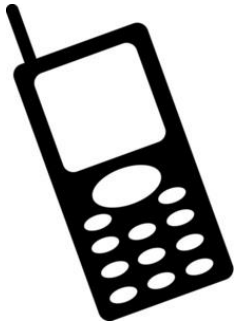


place them in the middle of a persons chest.

CPR part 2



push down hard and fast with straight arms.



the person on the phone will tell you when to push.



keep doing CPR until an ambulance arrives.



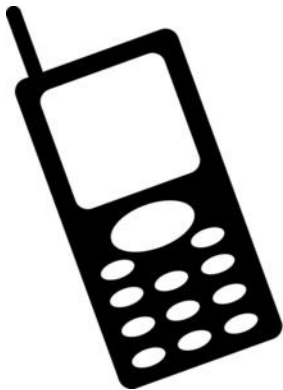
other people can help you if you get tired.

use a defibrillator



a defibrillator is a heart starting machine.

They are kept in public places like shops

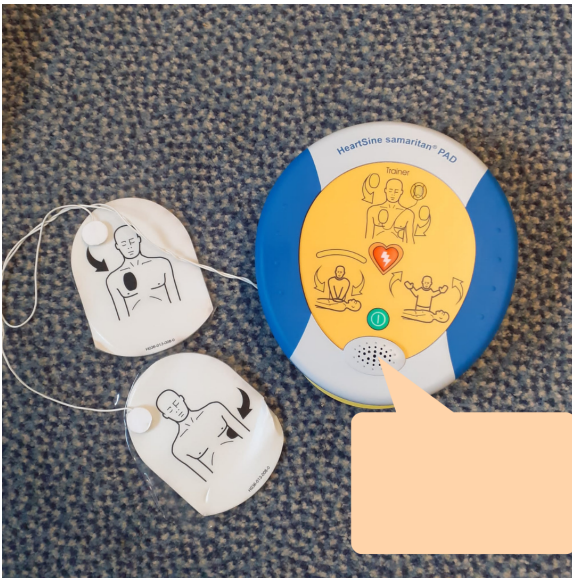


the person on the phone might help you to go and get a nearby defibrillator.

use a defibrillator part 2



turn on the defibrillator

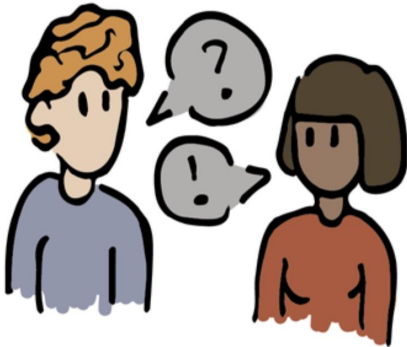


the defibrillator will tell you how to use it.

it takes a team to save a life!



there will probably be other people there too.



you will all work together and help each other.



calling 999, doing CPR and using a defibrillator can save lives.