CPR Steps To Save A Life infographic - Image Description and Plain Text

Image Description/Alt Text:

The image is an infographic. The background is orange with a dark blue banner at the top and bottom of the image, and the title is"CPR steps to help save a life". At the bottom of the image is the Save A Life For Scotland logo. The logo is white text that reads "Save a life for Scotland", and the "V" in "save" has a small pink circle above it. The purpose of the infographic is to inform people what the steps to save a life are. End of description.

Plain Text version:

The image is an infographic, titled "CPR Steps to Help Save A Life" and contains the following text.

CPR is a life-saving procedure performed when someone is in cardiac arrest. It helps to pump blood around the person's body when their heart can't.

1. Check for danger. Make sure the area is safe and you won't put your safety at risk by helping this person.
2. Check for response. Shake them and call out their name if you know it- ask if they can hear you.
3. Call for help. If they aren't responding, call out for help. The other people can call 999 or run to get a defibrillator while you help whoever is unwell.
4. Place cloth to cover nose and mouth. Do **not** check for breathing, loosely place a cloth or towel over the person's nose and mouth to reduce the risk of virus transmission.
5. Call 999. If they aren't responsive or breathing normally call 999. They'll send help and tell you what to do.
6. Start chest compressions. Put your hands in the centre of their chest and interlock your fingers. Push hard and fast with your arms straight. Continue until help arrives.

End of plain text.