**Save A Life For Scotland**

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**How to help someone in cardiac arrest**

**Easy Read**

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| An outline of a person's top half, with their heart shown clearly in red. | **How to tell if someone is in cardiac arrest**  **Cardiac arrest** means that someone’s heart has stopped working properly. |
| A woman lying on the ground. | A person is in cardiac arrest if:   * they are not answering back to you or moving * they are not breathing normally   They might be making gasping noises instead of breathing normally. |
| A man lies on his back on the ground. A younger man is watching his chest closely. | You can shake them gently to see if they are conscious.  You can look at their chest moving up and down to see if they are breathing. |
| A woman lying on the ground. | If the answer is no to both these checks, then they are in cardiac arrest.  They need help straight away. |
| A man is lying on his back on the ground. A younger man kneels beside him, raising his hand and shouting to anyone who may be nearby. | **Call for help**  Make sure you feel safe.  Shout out to ask for help from anyone nearby. |
| A woman on the ground. Beside her a man has one hand on her shoulder and uses his other hand to speak on his mobile phone. Below is an image of an ambulance. | Call 999 on a phone and ask for an ambulance.  The person you talk to on the phone will help you.  They will tell you what to do next. |
| An outline of a person's top half, with their heart shown clearly in red. | **Doing CPR with just your hands**  **CPR** means cardiopulmonary resuscitation – a way of getting the heart to work again. |
| A woman using her arms and hands to practise resuscitating a model body. Her thought bubble contains an ambulance image. | Start doing CPR straight away and carry on until the ambulance gets there. |
| 2 hands wearing medical gloves with one hand over the other and the fingers interlocking. | **1.** Put the heel of your hand on the middle of the person’s chest.  Put your other hand on top and link your fingers together. |
| **A woman using her arms and hands to practise resuscitating a model body.** | **2.** Lean over so that your shoulders are above your hands. |
| **A woman using her arms and hands to practise resuscitating a model body.** | **3.** Use the weight of your whole body and keep your arms straight as you press down on their chest.  Their chest should go down about 5 centimetres. |
| An image of a loose hand. | **4.** Let go so their chest rises back up. |
| A woman checking her watch as if she is measuring seconds. | **5.** Keep doing these pushes down. You need to do about 2 pushes each second. |
| A man looking to his side as he recalls a tune. There are musical notes to his side. | If you know the song called Stayin’ Alive by the Bee Gees, the chest pushes should be the same speed as the beat to this song. |
| **A woman using her arms and hands to practise resuscitating a model body.** | **6.** Keep going for as long as you can.  Other people can take a turn if you get tired.  Try and keep going until the ambulance gets there. |
| A defibrillator in a case with a number pad for entry and the label AED on the side. | **Defibrillator Machines**  A **defibrillator** is a machine that can give an electric shock to help start someone’s heart again. |
| A village post office building with a phone box nearby. An image of a library. | Defibrillators are often kept on the walls in public areas like:   * town squares * libraries |
| A finger pointing with an arrow. | If you can, send someone to find a defibrillator.  The 999 phone person will tell you if there is one nearby. |
| A defibrillator in a case with a number pad for entry and the label AED on the side.  **This is what to do…** | Anyone can use a defibrillator.  It uses a speaker to give instructions.  If needed, it will give an electric shock by itself. |
| image from Canva. A finger touching a power button. | **How to use a defibrillator**  **1.** Turn the defibrillator on. |
| Image from Canva. Someone sticking pads to a practice model's chest. | **2.** Peel off the sticky pads. Stick them to the person’s skin – the picture will show you where. |
| A red anatomical heart with a small electric shock symbol to one side. | **3.** The defibrillator will check the person’s heart beat and it will decide if an electric shock is needed. |
| A man with his thumbs up reassuringly. To his side is an electric shock symbol with a red cross in front. | Don’t worry – you can’t give someone a shock accidentally. |
| A finger pressing a red button. | If the person needs an electric shock, the defibrillator will tell you to press the shock button. |
| A young man leaning forward to touch but a red cross over his arm to show 'don't touch'. | Don’t touch the person while they are being shocked. |
| Image from Canva. 2 arms and hands pushing down on a practice model's chest. | **4.** Keep listening to the instructions from the defibrillator.  It might tell you to keep going with CPR until the ambulance arrives. |
| A row of dots with a man at the end wearing a high visibility jacket. He is holding up his palm to say 'stop'. | This is the end of the Easy Read document. |