

What should I do if... **a person is hurt?**

1 **D** – Look around and check for **danger**.



2 **R** – Check for **response**. Shake the person gently and ask, 'Are you all right?'



3 If the person is awake, use the phone to call 999 for an ambulance.

REMEMBER!

You can also phone for an ambulance by calling 112.



What should I do if... a person won't wake up?

- 1** D – Check for **danger**.
- 2** R – Check for **response**.
- 3** S – If the person does not respond, **SHOUT** for help.



- 4** A – Open the **airway**.
To do this, tilt back their head, and then lift their chin.

- 5** B – Check for normal **breathing**.
Place your cheek close to the person's mouth.
 - Can you feel their breath?
 - Can you hear them breathe?
 - Can you see their chest rising?



Getting to know...

the recovery position



- 1** Make sure the person's legs are straight. Place the arm nearest to you as though it is waving.

- 2** Bring the other arm across their body. Hold the back of their hand against their cheek.



- 3** With your other hand, grasp the thigh furthest from you, and pull up their knee, keeping the foot on the ground. Then roll the person towards you.

- 4** Adjust the upper leg as though they're walking upstairs. Tilt their head back to open their airway.



- 5** Call 999 or 112 and ask for an ambulance.

What should I do if... a person is bleeding?

- 1 Check for danger.
- 2 Remove any clothing that is covering the person's wound.
- 3 Press down on the wound, using a clean piece of material if you have one. Apply pressure around the wound if something is embedded in it. Whenever possible, wear disposable gloves. Try not to get blood on your hands.



- 4 Raise the wounded part of the body so that it is higher than their heart.



- 5 Cover the person with a coat or blanket to keep them warm. Call 999 or 112 for an ambulance.

What should I do if... a person is choking?

- 1** Ask the person to cough.
A choking person may have trouble breathing, or may clutch their throat.
- 2**
 - a** If they cannot speak, cough or breathe, lean them forwards and support their chest with one hand.
 - b** With the heel of the other hand, give up to five sharp blows to their back between their shoulder blades.
 - c** Check to see if each back blow has cleared the blockage. You may not need to give all five blows.



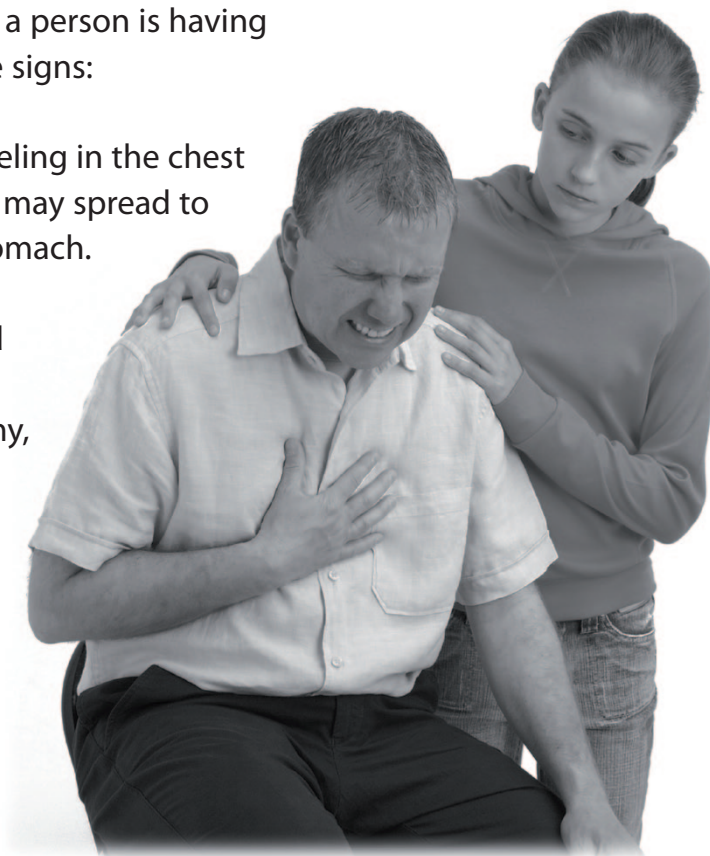
- 3**
 - a** Next, place your arms round the upper part of the person's tummy, just below their ribs. Make a fist with one hand and grab it with the other. Pull hard inwards and upwards. Do this up to five times.
 - b** Check to see if each abdominal thrust has cleared the blockage. You may not need to give all five thrusts.
- 4** Keep repeating steps two and three until the obstruction is removed.

What should I do if...

I think a person is having a heart attack?

1 You need to be able to tell when a person is having a heart attack. Look out for these signs:

- A pain, discomfort, or heavy feeling in the chest that doesn't go away. The pain may spread to the arms, neck, jaw, back or stomach.
- Being short of breath.
- They may also feel lightheaded or dizzy, and feel (or be) sick.
- They may feel sweaty or clammy, and look paler than normal.



2 Get them to sit down. Keep them calm. Don't give them anything to eat or drink.

3 Call 999 or 112 and ask for an ambulance.



What should I do if... a person isn't breathing normally?

- 1 **D** – Check for **danger**.
- 2 **R** – Check for **response**.
- 3 **S** – **SHOUT** for help.
- 4 **A** – Open the **airway**.
- 5 **B** – Check for normal **breathing**.
- 6 If the person isn't breathing normally, ask someone to call 999 or 112 for an ambulance. If you're alone do so yourself. If you have to go for help make sure you come straight back. Also ask at the location if there's an AED.

Start cardiopulmonary resuscitation (CPR)

- 7 Give 30 chest compressions.
 - a Place the heel of one hand in the centre of the person's chest.
 - b Now place the heel of your other hand on top of the first and interlock your fingers.



- c Keep your arms straight, and bring your shoulders up and over the person's chest.



- d Push the chest down firmly about 5–6cm with your hands, then release. Repeat this at a rate of about 100–120 compressions per minute.



How to give... rescue breaths

- 1 **D** – Check for **danger**.
- 2 **R** – Check for **response**.
- 3 **S** – **SHOUT** for help.
- 4 **A** – Open the **airway**.
- 5 **B** – Check for normal **breathing**.
- 6 If the person isn't breathing normally, ask someone to call 999 or 112 for an ambulance. If you're alone do so yourself. If you have to go for help make sure you come straight back. Also ask at the location if there's an AED.
C – Start **CPR**.
- 7 Give 30 chest compressions.
- 8 Give two effective rescue breaths.

a Open the airway again. Lift the person's chin, allowing their mouth to open, and pinch their nose. Take a normal breath.



b Place your mouth over their mouth and breathe out for around one second. Their chest should rise.



c Take your mouth away and let their chest fall.

d Then, give another rescue breath. Give two effective rescue breaths in all. The two rescue breaths shouldn't take longer than five seconds.

How to carry out...

CPR

- 1 **D** – Check for **danger**.
 - 2 **R** – Check for **response**.
 - 3 **S** – **SHOUT** for help.
 - 4 **A** – Open the **airway**.
 - 5 **B** – Check for normal **breathing**.
 - 6 If the person isn't breathing normally, ask someone to call 999 or 112 for an ambulance. If you're alone do so yourself. If you have to go for help make sure you come straight back. Also ask at the location if there's an AED.
- C** – Start **CPR**.



- 7 Give 30 chest compressions.

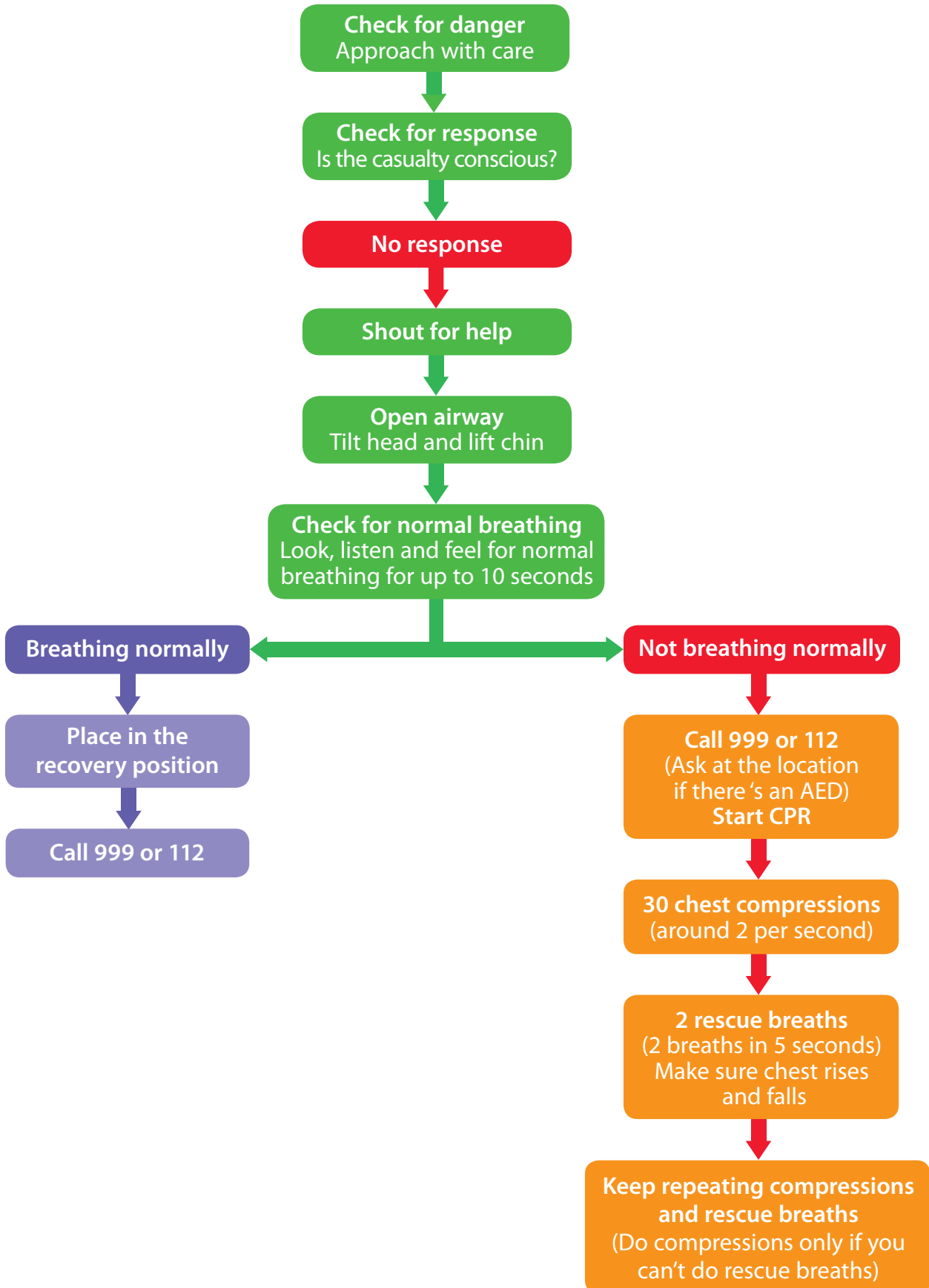


- 8 Give two effective rescue breaths.

- 9 Alternate 30 chest compressions with two rescue breaths. Keep going until the ambulance arrives, or the casualty coughs, moves and breathes normally, or you become so tired you can't carry on. If you can't, or don't want to, give rescue breaths, just give chest compressions – it's better than doing nothing at all.

ELS action plan

Use the chart below to help you remember the complete sequence of actions for dealing with a cardiac arrest.



Chain of Survival



Early recognition and an early call to the emergency services means that they will be on their way as soon as possible.

Early cardiopulmonary resuscitation (CPR) buys time until the emergency services arrive.

Early defibrillation may restart the heart.

Early post-resuscitation care ensures the best possible chance of survival.