

Basic Life Support and Automated External Defibrillation (AED), two bystanders



Check response

Ask loudly: "Are you all right?" shake gently.

If unresponsive, Call 112

Use speaker in your call and send the other bystander for AED



Place casualty on his back and check for breathing

Open the airways by lifting the chin upwards and tilting the head back.

Feel air stream from nose and mouth.

If not breathing normally, start chest compressions immediately.

Place your hands in the centre of the chest.
Give 30 chest compressions



Give 2 rescue breaths.

Open the airways, seal your lips around the mouth, blow steadily until the chest rises.

Continue CPR 30:2

As soon as AED arrives, Switch on the AED and Attach pads, follow the spoken and visual directions

Don't interrupt CPR while attaching the pads. Follow directions: "stand clear" and "deliver shock".

Continue CPR

