

# IF SOMEONE COLLAPSES FOLLOW THESE INSTRUCTIONS

COMMUNITY  
**HEARTBEAT**  
The Community HeartBeat Trust



**D**



## **DANGER** ENSURE THE SCENE IS SAFE

FOR YOURSELF AND OTHERS. IF IT IS NOT SAFE OR YOU ARE UNCERTAIN CALL 999 AND WAIT FOR HELP TO ARRIVE



**R**



## **RESPONSE** CHECK THE CASUALTY NEEDS HELP

CHECK RESPONSE BY **TALK AND TOUCH**.

SPEAK TO THE CASUALTY IN BOTH EARS, TAP COLLAR BONES. DO NOT SHAKE THEM!



**S**



## **SHOUT** SHOUT FOR HELP

IF THE CASUALTY DOES NOT RESPOND, SHOUT FOR HELP.

DO NOT LEAVE THEM AT THIS STAGE. **DIAL 999 NOW!**



**A**



## **AIRWAY** ENSURE AIRWAY IS OPEN AND CLEAR

OPEN THE AIRWAY BY LIFTING THE CASUALTY'S CHIN AND TILTING THEIR HEAD BACK. DO NOT PUT YOUR FINGERS IN THE CASUALTY'S MOUTH, YOU MAY PUSH AN OBSTRUCTION FURTHER DOWN.



**B**



## **BREATHING** LOOK, LISTEN & FEEL FOR NORMAL BREATHING

KEEP THE HEAD TILTED BACK AND LISTEN FOR BREATHING & LOOK TO SEE IF THE CHEST IS MOVING FOR AT LEAST 10 SECONDS. IF THE CASUALTY IS NOT BREATHING NORMALLY OR YOU HAVE ANY DOUBT, **CALL 999!**



**C**



## **COMPRESSIONS** IF NOT BREATHING NORMALLY START COMPRESSIONS

PLACE YOUR HANDS IN CENTRE OF THE CASUALTY'S CHEST AND PRESS DOWN HARD. JUST DO COMPRESSIONS. YOU CAN DO BREATHS IF YOU FEEL CONFIDENT - 2 BREATHS FOR EVERY 30 COMPRESSIONS - PUSH TWICE PER SECOND



**D**



## **DEFIBRILLATION** GET SOMEONE TO FETCH A DEFIBRILLATOR

IF YOU ARE ALONE DO NOT LEAVE THE PATIENT, DO CHEST COMPRESSIONS AND WAIT FOR HELP TO ARRIVE, IF SOMEONE IS AVAILABLE SEND THEM TO GET YOUR NEAREST COMMUNITY DEFIBRILLATOR



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