

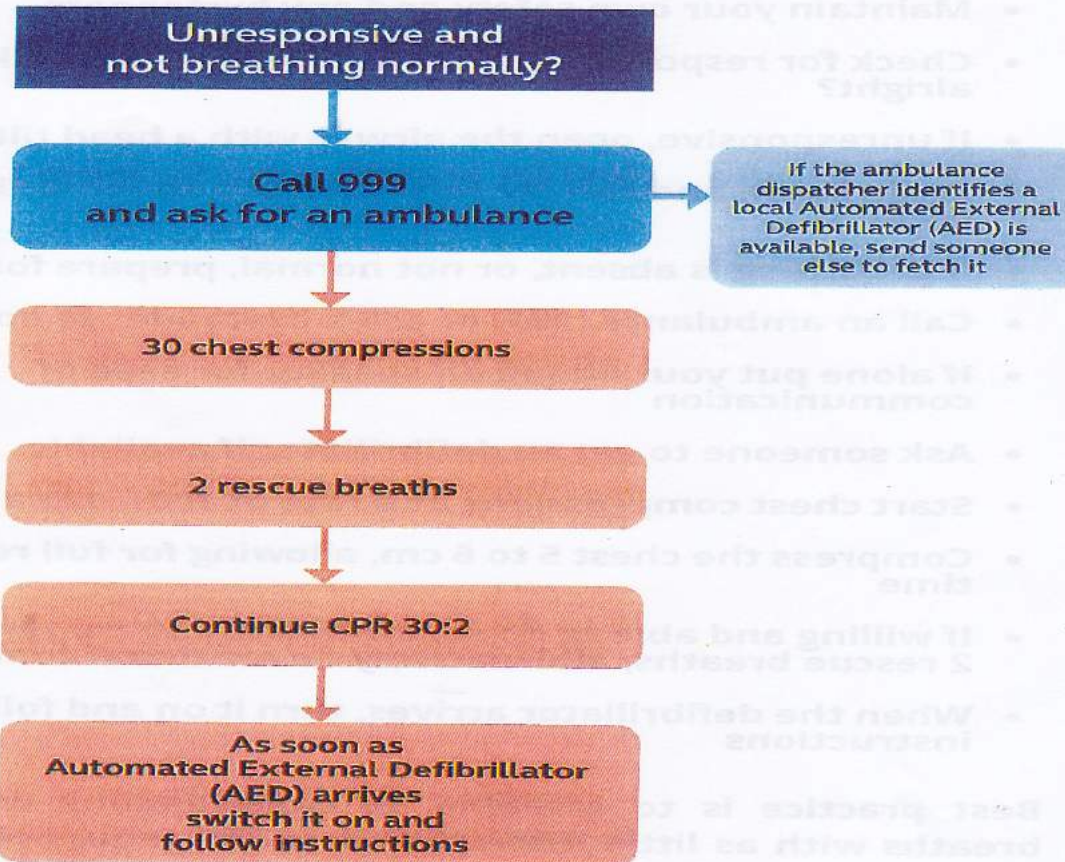
CPR & Public Access Defibrillator Session

- **Maintain your own safety and any bystanders**
- **Check for response, shake the shoulders and ask are you alright?**
- **If unresponsive, open the airway with a head tilt chin lift**
- **Look, listen and feel for breathing for no more than 10 seconds**
- **If breathing is absent, or not normal, prepare for CPR**
- **Call an ambulance (999) or ask a bystander to do this**
- **If alone put your phone on speaker for ease of communication**
- **Ask someone to get an defibrillator if available**
- **Start chest compressions at a rate of 100 – 120 a minute**
- **Compress the chest 5 to 6 cm, allowing for full recoil each time**
- **If willing and able to do so, after every 30 compressions give 2 rescue breaths, alternatively do continual compressions**
- **When the defibrillator arrives, turn it on and follow the instructions**

Best practice is to combine 30 compressions with 2 rescue breaths with as little interruption to the sequence as possible. As soon as the defibrillator arrives, turn it on and follow the instructions. The device should also contain a ventilation aid for assisting with rescue breaths, a towel, and a razor.



Adult basic life support





South East Coast Ambulance Service **NHS**
NHS Foundation Trust

Airway and breathing

- ❖ Check for Danger, make sure you are safe
- ❖ Say 'Hello its', ask them if you can help
- ❖ Ask 'Are you ok?' Shout and then gently shake shoulders
- ❖ Call 999



Your service,
2 your call



- ❖ If they don't sound/look as if they are breathing, tilt head, lift chin back.
- ❖ If they are not breathing, start pressing on their chest, hard and in tune to Nelly the Elephant. Do this until the Ambulance arrives.
- ❖ If they are breathing, place in the recovery position



Your service, +
your call



Recovery Position

- ❖ Kneel on one side of the person who is hurt
- ❖ Grab the hand furthest away and place the back of the hand against their cheek closest to you, hold it there.
- ❖ Lift the knee which is furthest away from you, and place their foot on the floor, then with the raised knee pull the person towards you onto their side.
- ❖ Keep the leg bent and the head tilted backwards.
- ❖ Keep them warm
- ❖ When you put someone in the recovery position you are helping them by ensuring they don't choke