

Your actions could save a life.

A cardiac arrest is when someone's heart suddenly stops beating, and their breathing is abnormal or has stopped.

Without quick action, the person will die.

Check for danger, then immediately follow these simple steps to give the person their best chance of survival:

1. Shout for help.

- Shake them gently.

2. Look and listen for signs of normal breathing.

- Look for the rise and fall of their chest.

3. Call 999. Put the phone on loudspeaker and tell them you are with someone who is not breathing.

4. The ambulance call handler will tell you where the nearest automated external defibrillator (AED) is. If someone is with you, ask them to fetch it and bring it back.

Do not leave the person if you are on your own.

5. Start chest compressions:

- interlock your fingers
- place your hands in the centre of the chest
- push down hard and then release twice per second, and don't stop.

The ambulance call handler will help you.

6. If you have a defibrillator, switch it on and follow the instructions. It will tell you exactly what to do.

7. Continue CPR until:

- the AED asks you to pause while it reanalyses and gives another shock if needed
- a paramedic arrives and tells you what to do
- the person shows signs of life.

