



# Basic Life Support & Automated External Defibrillation



## Check response

Shake gently  
Ask loudly: "Are you all right?"



## If not responsive

Open airway & check for breathing

**If not breathing normally  
or not breathing**

**Call 112, find & bring an AED**

## Start CPR immediately



Place your hands in the centre of the chest  
Deliver 30 chest compressions:

- Press firmly at least 5 cm deep at a rate of at least 100/min
- Seal your lips around the mouth
- Blow steadily until the chest rises
- Give next breath when the chest falls
- Continue CPR



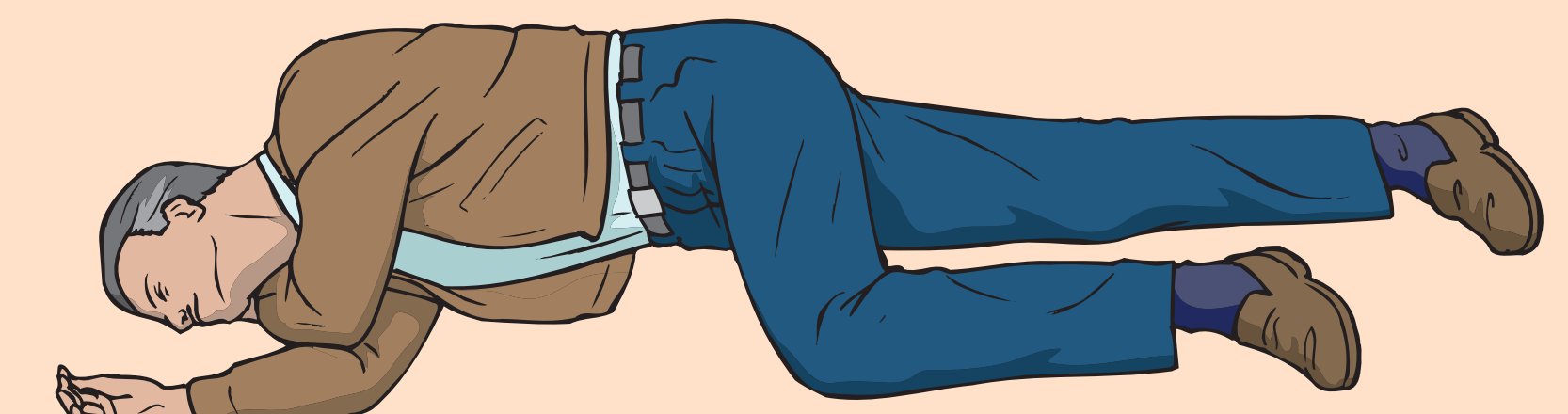
**CPR 30:2**

**If breathing normally**



**Turn into recovery position**

- Call 112
- Continue to assess that breathing remains normal



## Switch on the AED & attach pads

Follow the voice prompts immediately  
Attach one pad below the left armpit  
Attach the other pad below the right collar bone, next to the breastbone  
If more than one rescuer: don't interrupt CPR



## Stand clear & deliver shock

Nobody should touch the victim  
- during analysis  
- during shock delivery

**Follow AED instructions.**

**Continue CPR unless the victim start to wake up, move or breathe normally.**