If someone collapses, follow these instructions

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 response by TALK & TOUCH *Speak to the casualty in both ears, firmly shake their shoulders.*
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 the airway is OPEN & 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. 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. Give 30 compressions then 2 breaths. Repeat this cycle of compressions and breaths. Press 2x per second.*
D		DEFIBRILLATION	Get someone to fetch a Defibrillator *Get your nearest community defibrillator, attach the electrodes (pads) and follow the audio instructions from the machine.*

ADDITIONAL COMPRESSION/BREATHING INFORMATION

COMMUNITY HEARTBEAT
The Community HeartBeat Trust

- Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- Repeat 30 compressions and 2 breaths sequence.
- If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- Continue until help arrives, you are too tired to continue, or the casualty starts breathing normally again.

FOR AN ADULT	USE 2 HANDS & COMPRESS 5-6 cm
FOR A CHILD	USE 1 HAND & COMPRESS 1/3 CHEST DEPTH
FOR AN INFANT	USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

Get it!

Get someone to fetch the defibrillator. The ambulance service will tell you the code to get into the cabinet.

Cut off!

Use scissors to cut off clothing. Expose the casualty's chest.

Tear open!

Open the defibrillator. Lift the pre connected package from the lid and tear it open along the dotted line. Take out the pads.

Stick!

Attach the pads to bare skin as shown.

Listen!

Follow the instructions the defibrillator gives you.

The Community Heartbeat Trust – the UK's community defibrillator charity – www.communityheartbeat.org.uk