

Steps to CPR

Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. And every delay reduces a person's chance of survival.

A cardiac arrest is the ultimate medical emergency. Follow these steps to save a life.

CALL PUSH RESCUE

To learn life saving CPR visit bhf.org.uk/cpr



Shake and shoutCheck if the area is safe, if the person is responsive and shout for help



Give 30 chest compressions



Check for breathing

Irregular breathing or gasping is not normal



Give two rescue breaths



Call 999 and send someone for a defibrillatorContinue CPR and follow the defibrillator's instructions



Repeat until the emergency services take over

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