

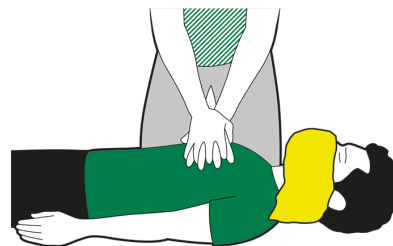
What to do if someone is unresponsive and not breathing normally

1. Call 999/112 for emergency help

- Ask if an AED is nearby

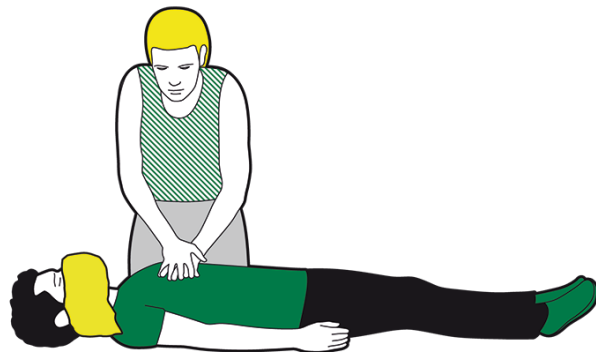


2. Lay a piece of towel or clothing over the casualty's nose and mouth



3. Pump

- 30 chest compressions at a rate of 100-120 per minute
- Do not give rescue breaths
- Continue to pump and give rescue breaths until help arrives.



Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

sja.org.uk

St John
Ambulance

