

## If someone collapses, follow these instructions



### ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ 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

*Augmented reality – if you would like to see some videos on how to do chest compressions and how to use a defibrillator, use your smart phone to scan this QR code.*

Community  
Heartbeat  
Trust

