

5 Step Adult CPR

IF SOMEONE COLLAPSES:

Step - 1



Tap firm on shoulders and
look for response

Step - 2



No response? Call 999 or 112,
Send for the nearest AED.

Step - 3



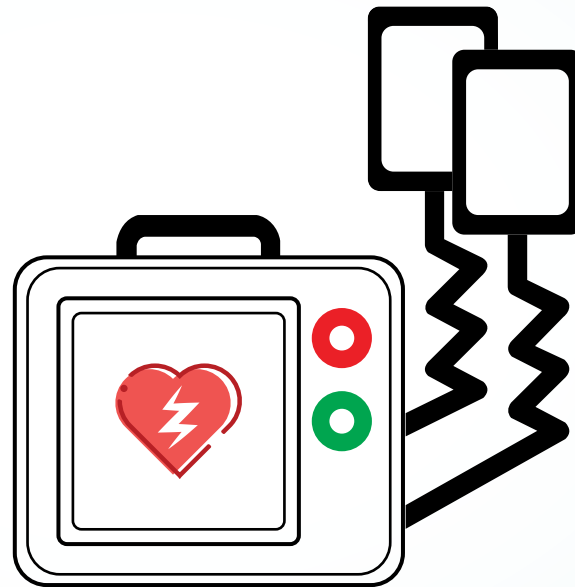
Look and Listen for Breathing/Pulse

Step - 4



Not breathing? Start CPR.
Push hard and fast in centre of
chest until help arrives.

Step - 5



Press Start Button on
AED and follow instructions.