

How can you help someone who is

# unresponsive and not breathing



**Key action:**

Get help



Give chest compressions



## How do you know someone is unresponsive and not breathing?

They don't answer or move if you call their name or tap their shoulders.

### Check if they are breathing:

Look at their chest – is it moving?

Listen near their mouth – can you hear them breathing?

Feel – can you feel their breaths on your cheek?

If the answer is no, they are not breathing.



## How to help

- 1 If they are not breathing, **get help:** tell an adult and call 999.



- 2 Do chest compressions by pushing firmly in the centre of their chest up and down. Push hard and fast at a regular rate, until help arrives, or tell an adult to do so.

