

Helping someone who is unresponsive and not breathing when an AED is available



Key action:
Give chest compressions.
Open the AED and follow all the voice prompts.



Recognise what to do:

The person is not moving or does not respond when you call their name or shake their shoulders.

Check for breathing: tilt their head back and look at their chest or stomach to see if it is moving. Look, listen and feel for breaths on your cheek.

If they are not breathing their chest or stomach will not be moving, and you won't hear or feel signs of breaths. They may also look pale and blue.

Steps to take:

Call 999 immediately or ask someone else to do it

Give chest compressions. Push firmly in the middle of their chest and then release. Continue to push at a regular rate

Tell someone to get an Automated External Defibrillator (AED) as soon as possible

Open the AED case, turn it on if necessary and follow the voice prompts

Supporting knowledge:

An automated external defibrillator (AED) is a portable machine that can shock a person's heart back into a normal rhythm. AEDs are found in many public places such as stations, shopping centres, schools and colleges. Anyone can use an AED. An AED gives you instructions to follow and will only shock someone if needed. It would never shock a healthy heart.

