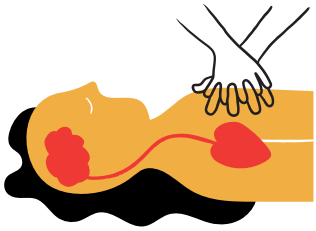
BritishRedCross

Helping someone who is

unresponsive and not breathing



Key action:
Give chest compressions.

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.

Push firmly in the middle of their chest and then release.

Push firmly at a regular rate until help arrives.

Supporting knowledge:

Chest compressions keep blood pumping around the body and help keep the vital organs, including the brain, alive.

FIRST AID

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