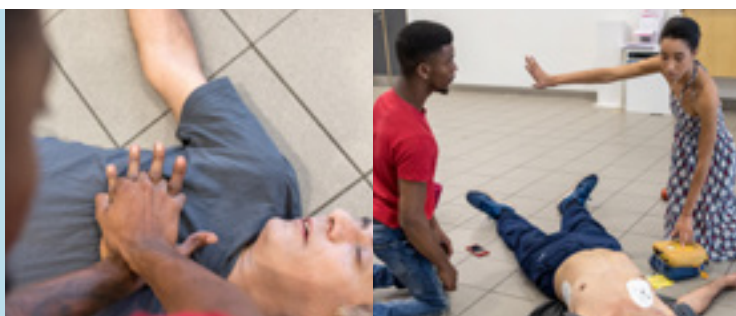




Helping someone who is unresponsive and not breathing when an AED is available

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



Recognise what to do:

The person is not moving or does not respond when you call their name or tap their shoulders. If it's an adult you may need to shake their shoulders.

Check if they are breathing. Tilt their head back- Is their chest moving? Can you hear, see or feel them breathing? If the answer is no, they are not breathing.

Steps to take:

Call 999 immediately or ask someone else to do it. Tell someone to get an AED as soon as possible.

Give chest compressions by pushing firmly in the middle of their chest up and down. Push the chest hard and fast at a regular rate, until the AED arrives.

When the AED arrives open it 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.

