Learner skill guide

BritishRedCross

Helping someone who is unresponsive and not breathing





Give chest compressions.

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:

Get someone to call 999 immediately.

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

Supporting knowledge:

By doing these chest compressions you are acting as the heart by keeping blood pumping around their body, helping keep the vital organs alive, including the brain.





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