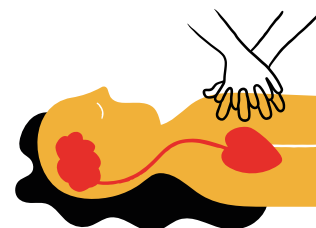




# Helping someone who is unresponsive and not breathing



Key action:

**Get help.**

**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 help 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.

