

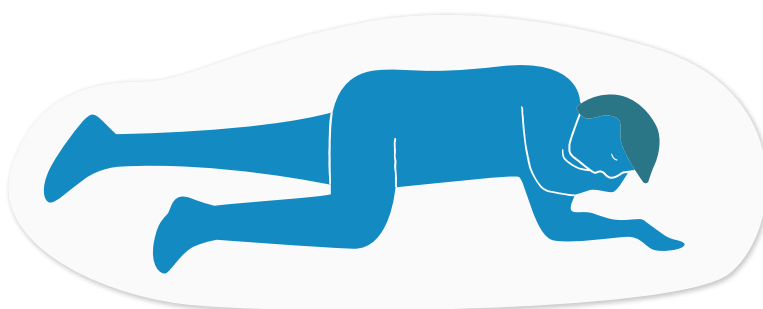
How can you help someone who is

unresponsive and breathing



Key action:

Roll them over
and tilt their
head back



How do you know someone is unresponsive and breathing?

They don't wake up if you shout their name or tap their shoulders.

Check if they are breathing:

Look at their chest – is it moving?

Listen near their mouth – can you hear them breathing?

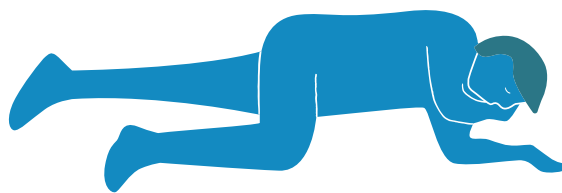
Feel – can you feel their breaths on your cheek?

If the answer is yes, then they are breathing.



How to help

- 1 If they are breathing, **roll them on to their side and tilt their head back.**



- 2 Tell an adult and call 999.

