

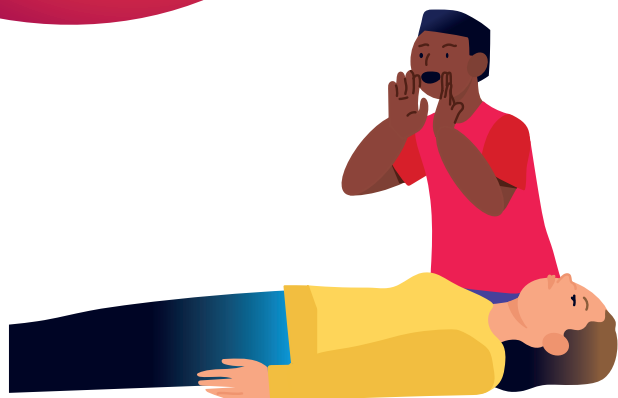


Steps to CPR

Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest.

A cardiac arrest is the ultimate medical emergency. Follow these steps to help save a life.

Call Push Rescue



1

Shake and shout

Check if the area is safe, if the person is responsive and shout for help.



2

Call 999, send someone for a defibrillator

Continue CPR and follow the defib's instructions.



3

Check for signs of life

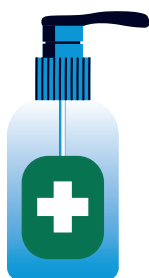
Lay a piece of material over their mouth and nose, if there's risk of infection.



4

Give continuous chest compressions

Repeat until the ambulance crew has taken over.



5

Wash your hands

Thoroughly wash with soap and water or use an alcohol based hand gel.

To learn life saving CPR
[bhf.org.uk/cpr](https://www.bhf.org.uk/cpr)