

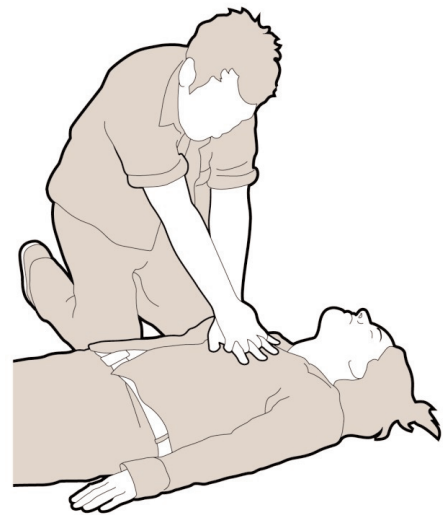
Adult resuscitation

for a casualty not breathing



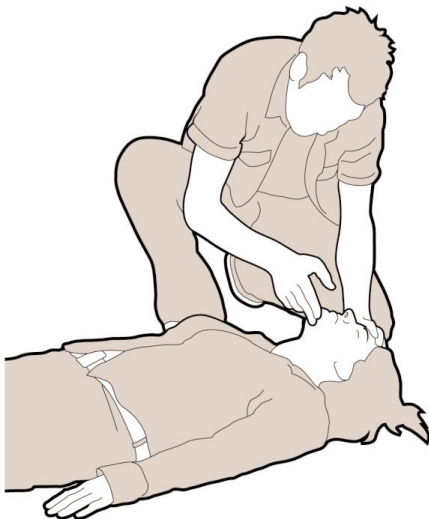
[1]

If there are other bystanders ask one to call 999. If you are alone call for help yourself.



[2]

Place hands on centre of chest, lean over the casualty. Give 30 chest compressions pressing down 4-5cms.



[3]

Open the airway.



[4]

Pinch the person's nose. Place your mouth over their mouth and blow for one second. Give two rescue breaths. Continue this cycle of 30 compressions and two breaths until help arrives. If you are unable to give rescue breaths give chest compressions only.