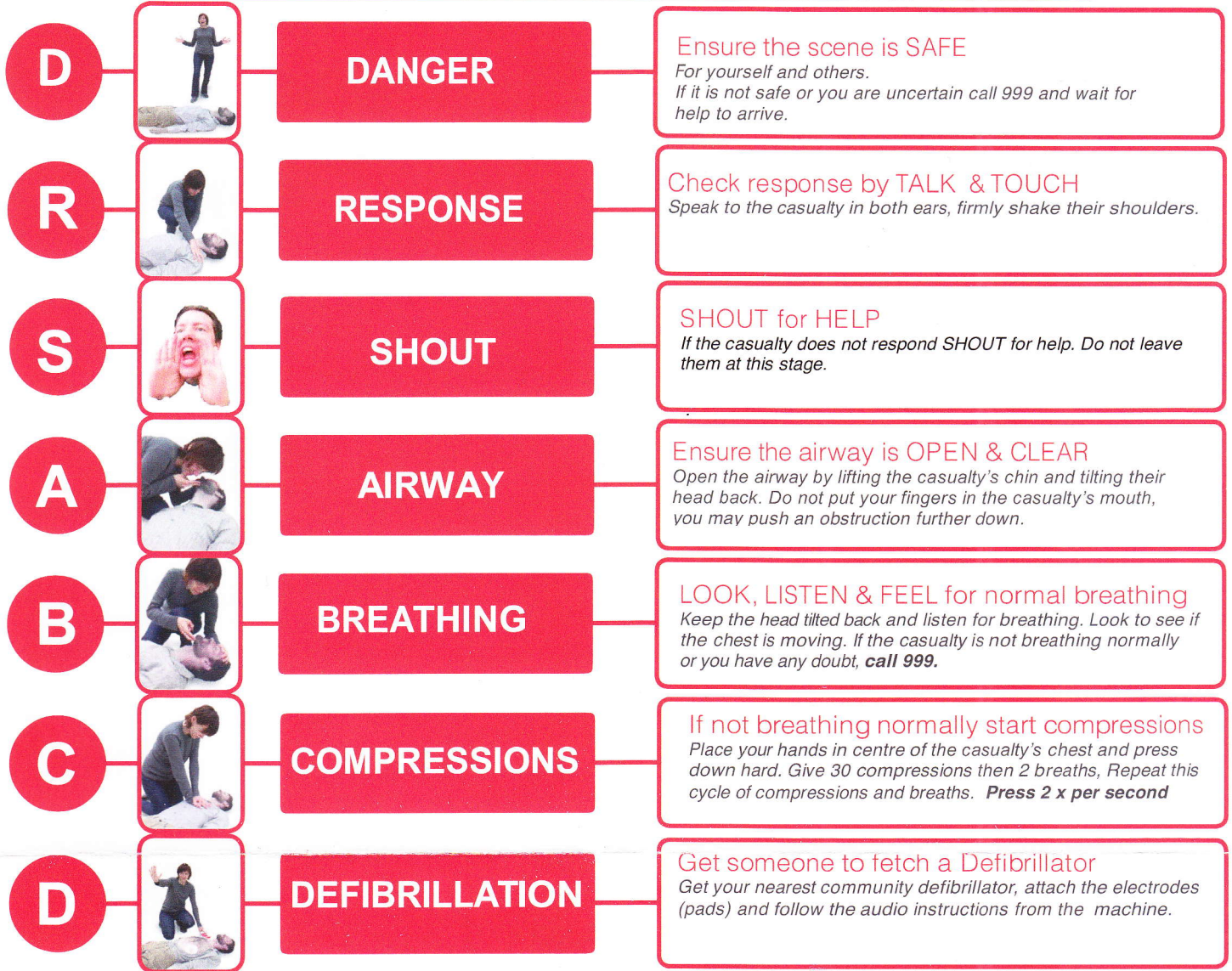


# If someone collapses, follow these instructions



## ADDITIONAL COMPRESSION/BREATHING INFORMATION

- ♥ Give 30 compressions at a rate of 100-120 per minute and then give 2 breaths.
- ♥ Repeat 30 compressions and 2 breaths sequence.
- ♥ If you are unable or unwilling to give rescue breaths just do the compressions continuously.
- ♥ Continue until help arrives, you are too tired to continue or the casualty starts breathing normally again.

FOR AN ADULT  
FOR A CHILD  
FOR AN INFANT

USE 2 HANDS & COMPRESS 5-6cm  
USE 1 HAND & COMPRESS 1/3 CHEST DEPTH  
USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH

COMMUNITY  
**HEARTBEAT**  
The Community HeartBeat Trust



**Get it!**

Get someone to fetch the defibrillator. The ambulance service will tell you the code to get into the cabinet.



**Cut off!**

Use scissors to cut off clothing. Expose the casualty's chest.



**Tear open!**

Open the defibrillator. Lift the pre connected package from the lid and tear it open along the dotted line. Take out the pads.



**Stick!**

Attach the pads to bare skin as shown.



**Listen!**

Follow the instructions the defibrillator gives you.