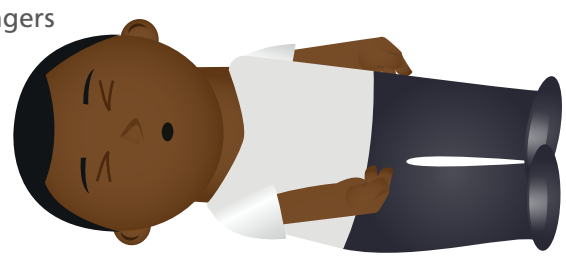
How to save a life

NHS
North West Ambulance Service
NHS Trust

1 Danger

- Check it's safe for you to help
- Do not move the patient
- Remove any dangers

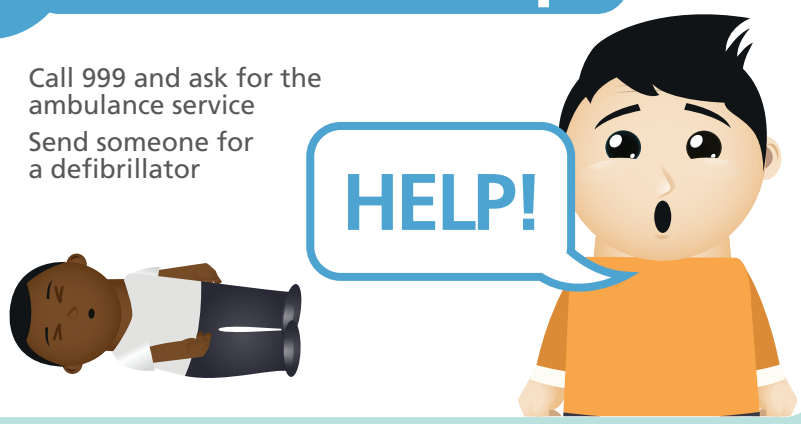


2 Response

- Shake their shoulders and shout "are you alright?"

3 Shout for help

- Call 999 and ask for the ambulance service
- Send someone for a defibrillator



4 Airway

- Lay the patient flat on their back
- Gently tilt their head back to open the airway

5 Breathing

- Look, listen and feel for signs of normal breathing
- If they are not breathing normally, start CPR
- If they are breathing normally, put them in the recovery position and wait for the ambulance

6 Compressions

- Kneel at the side of the patient
- Put the heel of your hand in the centre of the chest with the other hand on top
- Keep your arms straight and elbows locked
- Push down hard and fast - twice per second
- Let the chest come back up before you press down again

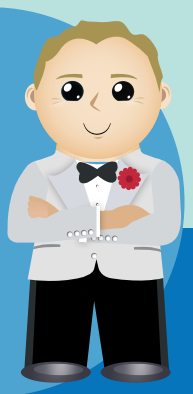
7 Defibrillator

- Open the defibrillator
- If there is a power button, press it to turn the machine on
- Follow the instructions that you can see/hear
- Put the pads on the patient's bare chest
- The machine will analyse the heart rhythm – do not touch the patient
- It will advise 'shock' or 'no shock'; stand clear if a shock is advised and follow instructions
- Continue with CPR for two minutes, then the defibrillator will re-analyse the patient
- Keep going and follow instructions until the ambulance service arrives
- If the patient recovers and is breathing normally, put them in the recovery position and reassure

A cardiac arrest can happen to anyone, at any age, anytime, anywhere.

Simple skills save lives.

View our Agent Lifesaver film here



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