



1  
Check for further danger and wear your PPE if available.



2  
Check for response by gently shaking the shoulders **at arms length**, and shout loudly.



3  
Check for normal breathing for no longer than 10 seconds. Do this **at arms length**. You can place your hand on the belly, below the ribs to check for movement. **DO NOT** place your face near to the casualty's mouth.



4  
Call 999 and send for a defibrillator if available.



5  
Unresponsive and not breathing normally? Place some material over the casualty's mouth and nose (e.g. tea towel), then give **continuous** chest compressions (see below).



6  
As soon as a defibrillator arrives, switch it on and follow the instructions. This is completely safe to use even with COVID-19.

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- Place one hand on the other in the centre of the chest and interlock your fingers. Keep your arms straight and position yourself vertically above the chest.

- Continuous chest compressions should be at a rate of about 2 per second and 5-6cm deep – press **'hard and fast'**.