

Chest compressions and AED guidance For untrained bystanders



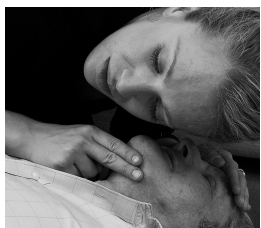
If they are unconscious

Open airway

If they are unconscious, check their airway is open and clear

Tilt head

Tilt their head and lift their chin to open the airway

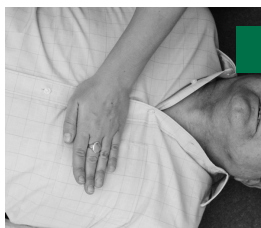


Check for breathing

Look along their chest, and listen and feel for breaths

If they are not breathing

Call for help and an AED (Automated External Defibrillator).



Chest compressions

If they are not breathing, start chest compressions immediately, until an AED arrives

Pump

1. Place one hand on the centre of their chest. Place the heel of your other hand on top of the first and interlock your fingers, keeping your fingers off their ribs
2. Lean directly over their chest and press down vertically about 5-6 cm. Release the pressure, but don't remove your hands
3. Give compressions at a rate of 100-120 per minute.



Using an AED on older children and adults

Attach the AED pads to the casualty's bare chest as illustrated

Turn machine on and follow the voice prompts

If the casualty needs a shock, the AED will charge and issue a voice prompt

Stand clear when prompted

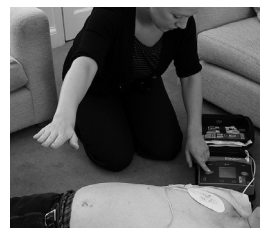
Press the 'Shock' button on the AED when prompted

When the shock is delivered the casualty will jump – this is normal.

Keep following all voice prompts issued by the AED

Continue until a healthcare professional arrives or casualty starts breathing.

If the casualty starts breathing normally then put them in the recovery position



The information provided on this sheet is for untrained bystanders. This is no substitute for a thorough knowledge of first aid. St John Ambulance holds first aid courses throughout the country.

For more information visit sja.org.uk or call 08700 10 49 50

We believe that anyone who needs first aid should get it. But the fact is that's not happening. St John Ambulance is determined to be the difference between lives lost and lives saved.