

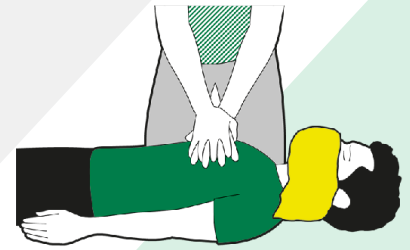
Ask me what to do if someone is unresponsive and not breathing normally

1. Call 999/112 for emergency help

- Ask if an AED is nearby.



2. Lay a piece of towel or clothing over the casualty's nose and mouth



3. Pump

- 30 chest compressions at a rate of 100-120 per minute.
- **Do not give rescue breaths.**
- Continue to pump until help arrives.

