

# Your actions could save a life.

A cardiac arrest is when someone's heart suddenly stops beating, and their breathing is abnormal or has stopped.

**Without quick action, the person will die.**

Check for danger, then immediately follow these simple steps to give the person their best chance of survival:

**1. Shout for help.**

- Shake them gently.

**2. Look and listen for signs of normal breathing.**

- Look for the rise and fall of their chest.

**3. Call 999. Put the phone on loudspeaker and tell them you are with someone who is not breathing.**

**4. The ambulance call handler will tell you where the nearest automated external defibrillator (AED) is. If someone is with you, ask them to fetch it and bring it back.**

**Do not leave the person if you are on your own.**

**5. Start chest compressions:**

- interlock your fingers
- place your hands in the centre of the chest
- push down hard and then release twice per second, and don't stop.

**The ambulance call handler will help you.**

**6. If you have a defibrillator, switch it on and follow the instructions. It will tell you exactly what to do.**

**7. Continue CPR until:**

- the AED asks you to pause while it reanalyses and gives another shock if needed
- a paramedic arrives and tells you what to do
- the person shows signs of life.

