



Resuscitation of Adults

The information in this poster is **NOT** a substitute for adequate training. All instructions provided are intended as guidance only. Every injury is different; the decision to call the emergency services needs to be based on the severity of the situation. Always call 999 or 112 if the casualty is seriously ill or injured and their life is at risk.



1

MAKE SURE THE AREA IS SAFE



Before administering First Aid, ensure you are not in any danger. This could be from traffic, electricity, or fire etc. **DO NOT** move the casualty unless you have to.

2

CHECK FOR A RESPONSE



Check if the casualty is responsive or not by calling their name and shaking their shoulders gently. You should also shout loudly for somebody to help you.

3

CALL 999 OR 112



If the casualty is unresponsive, call 999 or 112. If other people are present, ask one to call an ambulance and locate an AED, while you move onto step 4.

4

EXAMINE AIRWAY



Check inside the casualty's mouth for any obvious obstructions. If the airway is clear, tilt their head back by lifting their chin to open the airway.

CHECK BREATHING

Monitor breathing for no more than 10 seconds.



Check for breathing by looking for chest movement or feeling for breath on your cheek. If they **ARE** breathing, put them in the recovery position. If they are **NOT** breathing, administer CPR immediately.

ADMINISTER CPR

To give chest compressions, place the casualty on a flat, firm surface. Put the heel of one hand on top of the other and interlock your fingers. Place hands in the centre of the chest, and press hard.



30 CHEST COMPRESSIONS
Compress the chest by a third at a rate of 100 -120 per minute.



2 RESCUE BREATHS
Tilt the head back, pinch the nose shut and give 2 breaths of 1 second each.



30 MORE COMPRESSIONS
Continue at the same ratio of 30:2 until the arrival of an AED or ambulance.

5

USE AN AED

AED: Automated External Defibrillator.
If an AED is not available, go to step 6. Before using the AED, remove clothing from the casualty's chest, ensure the casualty is dry and remove any metal jewellery.



TURN AED ON AND PLACE PADS AS ILLUSTRATED ON THE PAD'S DIAGRAMS.



DO NOT TOUCH THE CASUALTY WHILE THE AED ANALYSES.



STAND CLEAR AND PRESS THE SHOCK BUTTON WHEN INSTRUCTED BY THE AED.

6

CONTINUE CPR



Following the instructions of the AED, recommence CPR at the same ratio of (30:2) until the ambulance arrives. Keep the pads attached as the AED will tell you if another shock is required.