Ask me five ways you can save someone's life

What to do if someone is choking

1. Cough it out
➤ Encourage the person to keep coughing

2. Slap it out
➤ Give up to five sharp back blows between their shoulder blades.
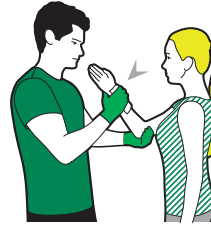➤ Check their mouth

3. Squeeze it out
➤ Give up to five abdominal thrusts
➤ If that doesn't work call 999/112.
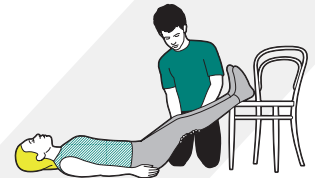
What to do if someone is bleeding

1. Press it

3. Secure dressing with a bandage to maintain pressure

4. Treat for shock.

2. Call 999/112 for emergency help

What to do if someone is unresponsive

1. Open their airway
2. Tilt head

3. Check for normal breathing for up to 10 seconds

4. If they're breathing normally:
➤ Put them in the recovery position
➤ Then call 999/112 for emergency help
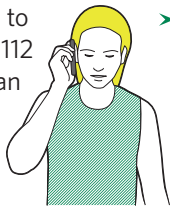**If they're not breathing**
➤ Call 999/112 for emergency help
➤ Start CPR.

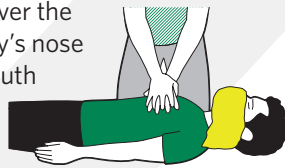## What to do if someone is unresponsive and not breathing normally

1. Call for help
➤ Tell them to call 999/112 and find an AED

2. Cover
➤ Lay a cloth or towel over the casualty's nose and mouth

3. Pump
➤ Perform chest compressions at a rate of 100-120 per minute

Continue to pump until help arrives.

What to do if someone has had a heart attack

1. Call 999/112 for emergency help

2. Sit them down
➤ Rest, supported with knees bent

3. Give them aspirin
➤ 300mg dose to chew*.

During a pandemic, please refer to the UK resus council at www.resus.org.uk for any CPR practice changes.

St John Ambulance