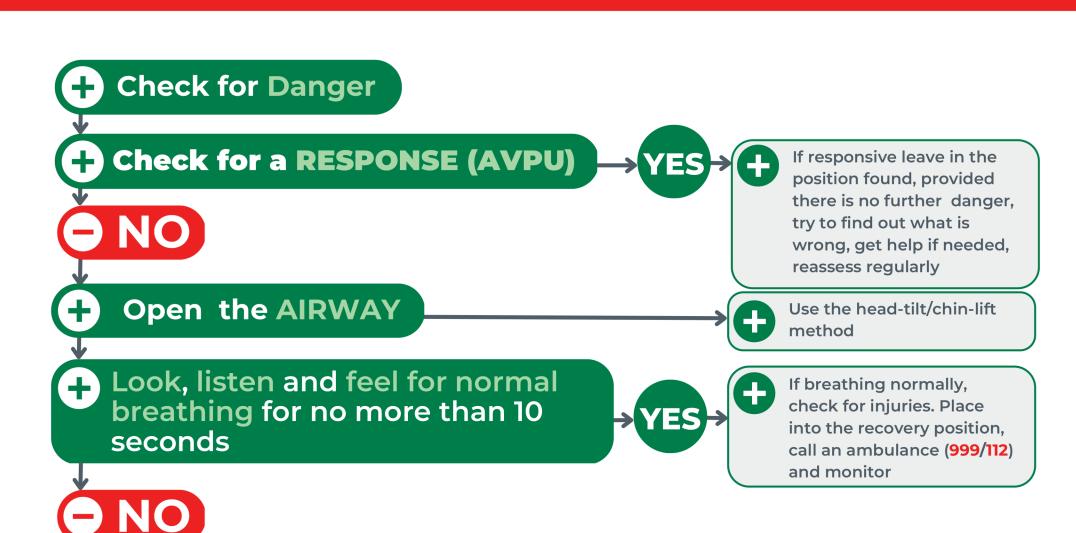
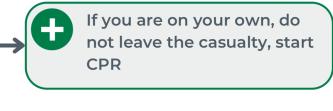
## Adult Basic Life Support



- Call an ambulance (999/112), ask a helper or call yourself, activate speaker function on phone to aid communication with the ambulance, send someone to get an AED
- **Administer CPR start with 30** chest compressions
- Give 2 effective rescue breaths
- Continue with CPR until a health professional tells you to stop, you become exhausted or the casualty is definitely waking up, moving, opening eyes and breathing normally





LIFEGUARDS ONLY

Give 5 initial breaths and resuscitate for 1 minute before calling 999. Upon your return continue with CPR, i.e. 30:2

