

# CPR FOR EVERYONE

**Hazards?**  
Ensure safety

**Hello?**  
Tap and shout: 'Are you okay?'

Is the person:  
  
**Awake?**  
**Breathing?**  
**Call for help?**

**Help!**  
Local Ambulance:   
112  
10177

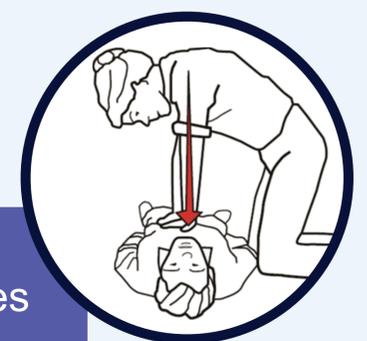


**Awake or breathing normally?**

- Roll patient on their side.
- Keep checking for breathing until help arrives.

**Not awake and not breathing normally?**

- Push on the middle of the chest 30 times
- Give 2 breaths



**AED**  
• Use AED when it arrives

**KEEP DOING CPR UNTIL HELP ARRIVES**

**If unable to give breaths, push on the chest repeatedly**

**How to use an AED**

- Switch "on"
- Follow the voice prompts
- Attach pads to bare chest
- Attach end of cable to AED
- Stand clear and allow analysis
- Press shock button if prompted
- Immediate CPR after shock delivered, starting with chest compressions