

Check, Call, Compress (CPR)

If you witness someone collapse, please follow these simple steps:



2

Send for help, ask someone to dial **111**, and request someone to fetch the nearest AED. Go to step 3.



1

Check if they are breathing normally. If they are not, proceed to step 2.

3

Begin CPR by pressing hard and fast in the centre of the chest. If you are trained, administer rescue breaths.



Using an AED (Automated External Defibrillator)



1

Once the AED arrives, press the "ON" button to turn on the device.



2

Please follow the instructions provided by the AED (Automated External Defibrillator).



3

Remove any clothing, jewellery, and medical patches that could get in the way. Stick the pads onto the person's chest after removing the backing, as shown below.



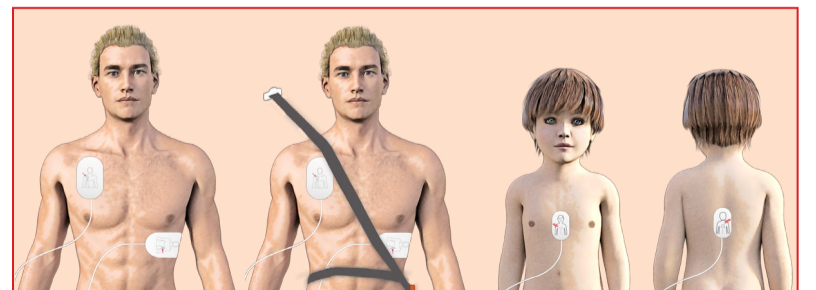
4

Once the AED instructs you to shock the person, quickly check to ensure that no one is touching them. Shout for people to stand back, and then proceed to step 5.



5

Ensure no one is touching the person, then press the shock button. Continue CPR and follow the voice prompts until help arrives.



For adults, an easy way to remember pad placement is to align it where a driver's seatbelt crosses the chest. For children aged 0 to 8, place one pad on the front and the other on the back.

Learn First Aid for **FREE**



Learn more about AED's here

