

# 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

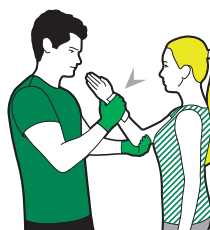


### 3. Squeeze it out

- > Give up to five abdominal thrusts
- > If that doesn't work call 999/112.

## WHAT TO DO IF SOMEONE IS BLEEDING

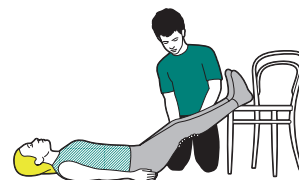
### 1. Press it



### 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

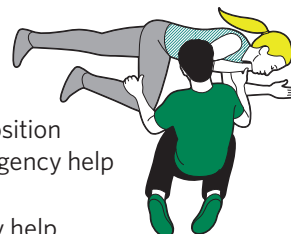


### 4. If they're breathing normally:

- > 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

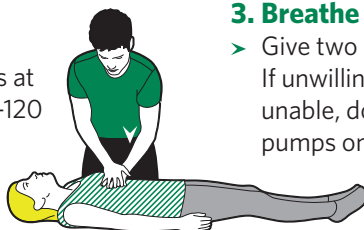
### 1. Call for help

- > Tell them to call 999/112 and find an AED



### 2. Pump

- > 30 Chest compressions at a rate of 100-120 per minute



### 3. Breathe

- > Give two rescue breaths. If unwilling or unable, do chest pumps only

### Continue to pump and give rescue breaths 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\*.

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