



What would you do if someone suddenly collapsed in front of you?

No First Aid training?

Don't worry you can still help.



CALL 999



PUSH HARD AND FAST

If someone suddenly collapses, is not breathing normally and is unresponsive they are in Cardiac Arrest.

No 1st aid training -don't worry your actions can help!

Call 999

**Push hard and fast in the centre of their chest
about 100-120 times a minute
until the Ambulance arrives and they take over.**



Staying Alive - 01707 325938