

# You Can Help Save A Life



**Step 1**

Hello! Hello! Are you ok?



**Step 2**

If unresponsive, immediately call ambulance 995. Get AED.



**Step 3**

Open the airway using head-tilt-chin-lift method.



**Step 4**

Check for breathing.  
LOOK-for chest rise & fall.  
LISTEN-for air escaping during exhalation.  
FEEL-for flow of air from nose.



**Step 5**

If breathing is absent, pinch nose and give 2 breaths by blowing into mouth



**Step 6**

Start chest compressions at 100 per minute. Give 2 short, quick breaths for every 30 compressions.



**Step 7**

Apply AED. If breathing is still absent, continue CPR.



**Step 8**

Stand clear. Press to shock.



**Step 9**

Continue CPR. Continue use of AED.



**Step 10**

Check for breathing. If absent, continue 3 cycles of 30 compressions and 2 breaths.



**Step 11**

If breathing is present, place the casualty in the recovery position. Continue to monitor the casualty.

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