Basic Life Support with the use of an Automated External Defibrillator (AED)

Check response
- Shake gently
- Ask loudly: "Are you all right?"

If unresponsive
- Open airway & check for breathing

If unresponsive and not breathing normally
- Call 112, send someone to get an AED

Start chest compressions immediately
- Place your hands in the centre of the chest
- Deliver 30 chest compressions:
  - Press firmly at least 5 cm but no more than 6 cm deep
  - Press at a rate of at least 100/min but no more than 120/min
- If trained and able combine chest compressions with ventilations otherwise continue with compression only CPR
  - Seal your lips around the mouth
  - Blow steadily until the chest rises
  - Give next breath when the chest falls
- Continue CPR 30 compressions to 2 ventilations

As soon as AED arrives
- Switch on the AED & attach pads
- Follow the spoken/visual directions
- Attach one pad below the left armpit
- Attach the other pad below the right collar bone, next to the breastbone
- If more than one rescuer: do not interrupt CPR

If shock is indicated
- Stand clear and deliver shock
- Continue CPR

Follow AED instructions

Continue CPR unless you are certain the victim has recovered and starts to breathe normally.