ADULT RESUSCITATION REFERENCE CHART

1. **DANGER**
   - If you are unsure:
     - Ask someone to call 999 or 112 for an ambulance and bring an Automated External Defibrillator (AED) if available.
     - If you are on your own, use your mobile phone to call 999 or 112 for an ambulance. Only leave the victim when no other option exists for getting help.

2. **RESPONSE**
   - Are you alright?

3. **AIRWAY**
   - Gently shake the casualty’s shoulders and ask loudly, ‘Are you all right?’

4. **BREATHING**
   - Place your hand on the casualty’s forehead and gently tilt the head back.
   - With your fingertips under the point of the victim’s chin, lift the chin to open the airway.

5. **CPR**
   - Keeping the airway open, look, listen, and feel for normal breathing for no longer than 10 seconds.
   - Look for chest movement.
   - Listen at the victim’s mouth for breath sounds.
   - Feel for air on your cheek.

6. **DEFIBRILLATION**
   - Attach an automated external defibrillator (AED) as soon as possible and follow its prompts.

**Note:** If you are unable or unwilling to give rescue breaths then just perform chest compressions as this is better than no CPR at all.

**RECOVERY POSITION**
- Remove the victim’s glasses, if present.
- Kneel beside the victim and make sure that both his legs are straight.
- Place the arm nearest to you out at right angles to his body, elbow bent with the hand palm-up.
- Bring the far arm across the chest, and hold the back of the hand against the victim’s cheek nearest to you.
- With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground.
- Keeping his hand pressed against his cheek, pull on the far leg to roll the victim towards you on to his side.
- Adjust the upper leg so that both the hip and knee are bent at right angles.

**If the casualty is breathing normally:**
- Turn him into the recovery position.
- Summon help from the ambulance service by mobile phone. If this is not possible, send a bystander. Leave the victim only if no other way of obtaining help is possible.

**If the casualty is not breathing normally or you are unsure:**
- If necessary, adjust the hand under the cheek to keep the head tilted and facing downwards to allow liquid material to drain from the mouth.
- Check breathing regularly.
- If the victim has to be kept in the recovery position for more than 30 min, turn him to the opposite side to relieve the pressure on the lower arm.

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