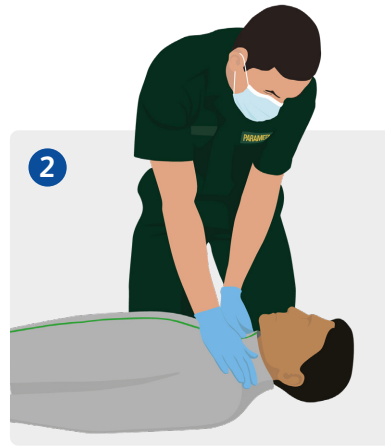


Check for further danger and wear your PPE if available.



Check for response by gently shaking the shoulders **at arms length**, and shout loudly.



Check for normal breathing for no longer than 10 seconds. Do this **at arms length**. You can place your hand on the belly, below the ribs to check for movement. **DO NOT** place your face near to the casualty's mouth.



Call 999 and send for a defibrillator if available.



Unresponsive and not breathing normally? Place some material over the casualty's mouth and nose (e.g. tea towel), then give **continuous chest compressions** (see below).



As soon as a defibrillator arrives, switch it on and follow the instructions. This is completely safe to use even with COVID-19.

- Place one hand on the other in the centre of the chest and interlock your fingers. Keep your arms straight and position yourself vertically above the chest.
- Continuous chest compressions should be at a rate of about 2 per second and 5-6cm deep – press '**hard and fast**'.
- If there is concern of contracting COVID-19 avoid rescue breaths. If the casualty is a child or the ambulance is significantly delayed however, you may conduct your own dynamic risk assessment, as avoiding rescue breaths may lower survival rates in these circumstances. You **MUST** be aware that contracting COVID-19 carries a risk of death and everyone in the room is at risk. If you do give breaths, clear the room of bystanders and ask them to open all windows and doors on the way out to ventilate the room, because breaths can result in the virus aerosolising (floating in the air).