ARE THEY CONSCIOUS AND BREATHING?
Do they show any signs of life?
Yes: Put them in the recovery position and monitor them
No: Call 144 (or the pan-European emergency number 112) and then move on to C – begin chest compressions*

CIRCULATION: CARDIOPULMONARY RESUSCITATION
30 chest compressions* followed by 2 rescue breaths or at least 100 chest compressions* a minute with no breaths until the AED arrives

AIRWAYS
Check their airways and unblock them if necessary

BREATHING
2 breaths, each lasting one second, until their chest rises. In case you are uncomfortable or don’t know how to give rescue breaths, you may continue compressing. Stop if they wake, otherwise continue the chest compressions* until the defibrillator arrives – move on to D

DEFIBRILLATION
External air resuscitation with a semi-automated external defibrillator (AED)

CIRCULATION:
Restart cardiopulmonary resuscitation immediately and only stop chest compressions* when the patient starts to move.

*Chest compression: Press down at least 5cm and at least 100 times a minute. Press vertically down onto the middle of the patient’s bare chest, and for the same amount of time with each compression. The compression-to-ventilation ratio is 30:2 for adults and children, 3:1 for newborn babies in the first hours of life.