



WHAT TO DO IF SOMEONE IS UNRESPONSIVE AND NOT BREATHING NORMALLY

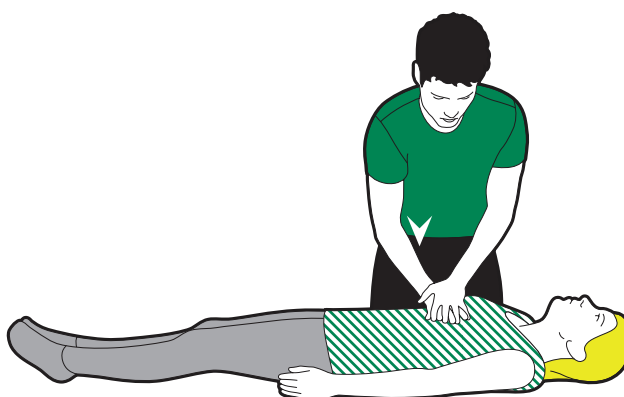
1. Call 999/112 for emergency help

- Ask if an AED is nearby



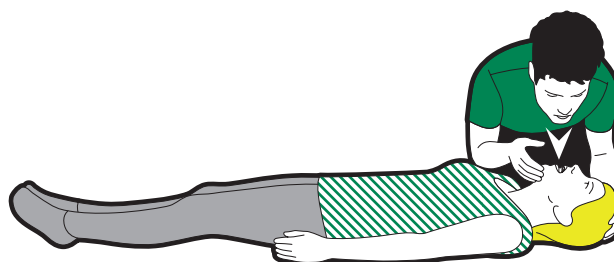
2. Pump

- 30 chest compressions at a rate of 100-120 per minute



3. Breathe

- Give two rescue breaths
If you're unable, just give chest compressions
- Continue to pump and give rescue breaths until help arrives.



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