

# THE ULTIMATE GUIDE TO SAVING A LIFE

**Scenario:** You come across a colleague who appears to be unconscious.



## What should you do?

### Step one

#### Chat and tap

- call the casualty's name, ask them to open their eyes.
- gently tap their collar bones.



### Step two

#### Check breathing

- open the airway.
- check for **NORMAL** breathing – look, listen and feel.
- check for **NO LONGER** than 10 seconds. If you are unsure they are breathing, proceed to chest compressions.



999

### Step three

#### Call the emergency services

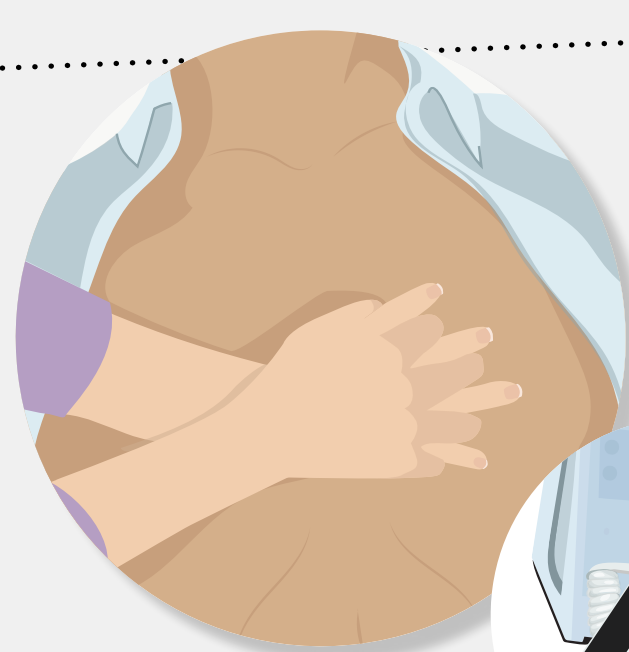
- ask a bystander to call **999** and fetch the defibrillator if available.
- if you are on your own, **ALWAYS** call 999 before commencing compressions using hands-free.



### Step four

#### Continual chest compressions

- kneel beside the casualty.
- place the heel of one hand in the centre of the chest, interlocking the fingers of the other hand.
- push the breastbone 5 – 6cms (the depth of a credit card).
- aim for two compressions per second (120 per minute).
- if more than one person available, swap every 1 -2 minutes.
- continue until ambulance or defibrillator arrives.
- if defibrillator available, switch on and follow the instructions.



### Step five

#### If the casualty is breathing normally

- Place them in the recovery position



## How Posturite can help...

### Workplace AED defibrillators

For every minute that defibrillation is delayed, survival decreases by 7-10%. All of our AED defibrillators talk you through exactly what to do in easy-to-follow steps.

[posturite.co.uk/defibs](http://posturite.co.uk/defibs)



### Face-to-face first aid training

Equip staff with the skills to provide immediate attention if an individual falls ill or is injured at work. All of our courses meet the HSE standard for delivering first aid training in line with the most up-to-date regulations.

[posturite.co.uk/training](http://posturite.co.uk/training)



### E-learning first aid refresher course

This e-learning course offers a low cost, quick and engaging way to refresh the memory and boost the confidence of first aiders.

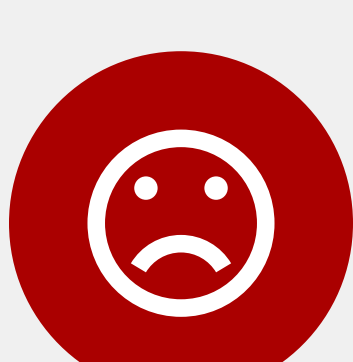
[posturite.co.uk/workrite](http://posturite.co.uk/workrite)



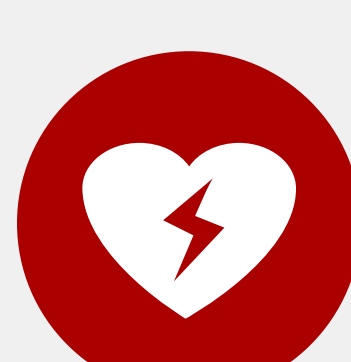
## Did you know...



There are over 30,000 out-of-hospital cardiac arrests suffered in the UK every year.



Less than one in ten victims survive.



A defibrillator is a device that gives a high energy electric shock to the heart through the chest to someone who is in cardiac arrest.

\*Statistics from The British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)