

Hands-Only CPR: the plain English version

- Check for danger: make sure it's safe to approach before you move
- Check for response: tap their shoulders, shout "Are you okay?"
- Call 999: or point at someone specific: "You: call 999 now"
- Send someone for the nearest AED.
- Start chest compressions: heel of your hand on the centre of the chest, arms straight, push down 5–6cm hard and fast. Think Stayin' Alive. 🎵
- Don't stop: keep going until the ambulance arrives, the AED is ready or the person starts breathing normally.

Does your workplace pass the cardiac arrest test?

- ☐ Do you know where your nearest public AED is?
- ☐ Does your building have its own AED, and does everyone know where it is?
- ☐ Has your AED been serviced and are the pads and battery in date?
- ☐ Does at least one person in your team know CPR?
- ☐ When did your first aiders last refresh their CPR skills?

Find your nearest AED: www.defibfinder.uk

To book CPR training:

robert@rglsafety.co.uk



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