

BHF has a vision to create a nation of life savers. As part of that vision, we're doing everything we can to make sure the British public know CPR and can use public access defibrillators.

Join the fight for every heartbeat and help us save the lives of thousands of people across the UK every year.

**START**  
Training a nation of life savers

# PUTTING LEARNING INTO ACTION

**"I can still see my son's face, looking at me as I did CPR on his dad. Thank goodness I knew what to do and he survived."**  
Barbara, Life saver

**FIGHT FOR EVERY HEARTBEAT**  
bhf.org.uk

Text FIGHT to 70080 to donate £3\*

For over 50 years our research has saved lives. We've broken new ground, revolutionised treatments and transformed care. But heart and circulatory disease still kills one in four people in the UK. That's why we need you. With your support, your time, your donations, our research will beat heart disease for good.



\*This is a charity donation service for the BHF. Texts cost £3 + standard rate msg. The BHF will receive 100% of your donation to fund our life saving research. To opt out of calls and SMS, text NOCOMM5 BHF to 70060. Or if you have any questions about your gift call 02032827863. © British Heart Foundation 2017, a registered charity in England and Wales (225971) and Scotland (SC039426)



# HEART

**FIGHT FOR EVERY HEARTBEAT**  
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**Danger**  
Check for danger. Always put your own safety first and check for risks before you start helping the casualty.



**Response**  
Can the person respond or are they unconscious? Ask them simple questions like 'Are you all right?' or 'Can you tell me your name?'



**Shout**  
Call out for help – it helps if you can get someone else to call 999 or 112 while you deal with the emergency.



**Airway**  
Make sure their airway is open and unblocked. Tilt their head back and lift their chin to open the airway.



**Breathing**  
Check if the person is breathing normally. If they are, put them in the recovery position by lying them on their side with their knees bent, their hand tucked under their cheek and their head tilted to keep the airway clear.



**CPR**  
If they are not breathing, start CPR by repeatedly giving 30 chest compressions and then 2 rescue breaths. Always ask a bystander to call 999 or 112.



**Defibrillation**  
Ask someone to find out where the nearest defibrillator is and get them to bring it to you as quickly as they can.

If a person is unconscious they could be in cardiac arrest. Think:



## Unconscious

If a person is unconscious they could be in cardiac arrest.



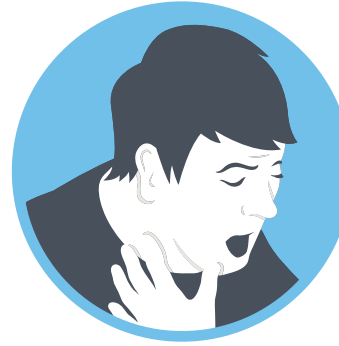
## Chest pain

A dull ache, tightness, a sense of heaviness in the chest or a feeling like indigestion can be a heart attack.



## Choking

If someone can't breathe, is going blue or clawing at their neck they could be choking on something stuck in their throat.



## Bleeding

Serious bleeding can be life threatening.



### In an emergency

Call 999 or 112 for an ambulance.

You can call from a landline or mobile.

It doesn't matter if the phone is locked, press 'Emergency' to dial 999 or 112.

Calling 999 or 112 is always free.

### If someone is unconscious

Check if they're breathing normally. If they are, put them in the recovery position and call 999 or 112. If they're not breathing or not breathing normally you need to call 999 or 112 then do CPR.

- 30 chest compressions
- 2 rescue breaths
- ask a bystander to get a defibrillator if there is one nearby
- keep repeating until they cough, breath normally, or an ambulance arrives

If you get tired, ask someone else to take over and show them what to do.



### If someone has chest pain

Ask the person how they feel. They might say they have pain in their arms, neck, jaw, back or stomach. They could also say they feel sick or dizzy.

Sit them down, keep them calm and call 999 or 112 for an ambulance.

Don't give anything to eat or drink.



### If someone is choking

You need to dislodge whatever is stuck. First, get them to cough. Then give them up to 5 back blows. If that doesn't work, give them up to 5 abdominal thrusts. If they become unconscious call 999 or 112. Anyone who has had abdominal thrusts needs to go to A&E afterwards.



### If someone is bleeding

You need to stop them losing too much blood. Press down on the wound to restrict blood flow, or push the edges of the wound together. Keep the person warm and call 999 or 112 for an ambulance.

