



In **Safe** Hands

FIRST AID, BASIC LIFE SUPPORT & AUTOMATED EXTERNAL DEFIBRILLATOR TRAINING PROVIDER

NEW ADULT RESUSCITATION GUIDELINES 2010

DANGER

Is it safe?

RESPONSE

Talk to them, tap them on the shoulder.

SHOUT FOR HELP

Is a defibrillator available?

AIRWAY

Open the airway as shown.

BREATHING

Is it normal or abnormal?
(check for no more than 10 seconds)

NORMAL BREATHING - 999 or 112

ABNORMAL BREATHING - 999 or 112



The Recovery Position



**START
BASIC LIFE
SUPPORT AS
SOON AS
POSSIBLE**

**30 CHEST
COMPRESSIONS**

5-6cm
depth

100-120
per minute

1



2 BREATHS

over 1sec
each



2

REPEAT 1 & 2



Health & Safety
Executive

Approved
Training Centre
61/08



In Safe Hands can supply training in:

First Aid for Work, Emergency First Aid at Work, Health & Safety, Food Safety, Fire Safety, Paediatric First Aid, Automated External Defibrillator, Medical Gases and much more...

Tel: 0844 800 9902 www.insafehandstraining.com

TRAINING AVAILABLE WITH YOU OR WITH US

In Safe Hands accepts no responsibility for injury or other in using the above, this is guidance and should not be a substitute for formal training.