

CPR STEPS TO HELP SAVE A LIFE

CPR is a life-saving procedure performed when someone is in cardiac arrest. It helps to pump blood around the person's body when their heart can't.

1

CHECK FOR DANGER

Make sure the area is safe and you won't put your safety at risk by helping this person.



2

CHECK FOR RESPONSE

Gently shake them and call out their name if you know it – ask if they can hear you.



3

CALL FOR HELP

If they aren't responding, shout for help. The other people can call 999 and run to get a defibrillator while you help whoever is unwell.



4

CHECK FOR BREATHING: LOOK & LISTEN

Look for the rise and fall of their chest.



5

CALL 999

If they aren't responsive or breathing normally, call 999. They'll send help and tell you what to do.



6

START CHEST COMPRESSIONS

- Put your hands in the centre of their chest and interlock your fingers.
- Push hard and fast with your arms straight.
- Continue until help arrives.
- You can place a mask/cloth over the person's mouth and nose to reduce risk of virus transmission.



10 Steps To Save Your Life

R Barnett



10 Steps To Save Your Life:

The Enigmatic Realm of **10 Steps To Save Your Life**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **10 Steps To Save Your Life** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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