



Recognising & Treating Cardiac Arrest

1

- Is the patient conscious?
(Conscious means able to respond to commands or answer questions)

2

- Is the patient breathing **NORMALLY**?
(Patients in cardiac arrest will not be breathing normally, if at all)

3

- If you've answered no to both of these questions - **Dial 999 & START CPR & Send someone for the defibrillator.**

CPR:

Press down **hard** and **fast** in the centre of the patients chest. Do this at a rate of about 100 times per minute. (The beat of Nelly the elephant or Stayin' Alive is about right). You need to press down about a third of the patients chest depth. **Do not be afraid to push too hard.** Let the chest recoil between compressions.

You do not need to provide rescue breaths.

- When the defibrillator arrives - turn it on by opening the flap at the front, and follow the instructions
- The defibrillator will know if the patients needs a shock or not. It will not shock a patient who doesn't require it and it can not harm the patient. You do not need training to use it.
- Some patients in cardiac arrest do not require defibrillation but still require resuscitation, so sometimes the device may not deliver a shock.