



# STRONG ROOTS TRAINING

1. Check for further danger and call 999



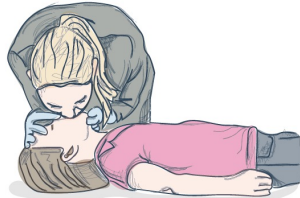
2. Check for a response by gently shaking the shoulders and shout loudly



5. Open airway. Tilt the person's head gently and lift the chin up with 2 fingers. If there's a chance the person who's unwell has COVID-19, place a cloth or towel over their mouth and nose and do hands-only CPR

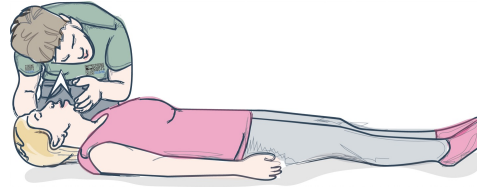


6. After every 30 chest compressions, give 2 rescue breaths. Pinch the person's nose. Seal your mouth over their mouth and blow steadily and firmly into their mouth for about 1 second. Check that their chest rises



## CPR

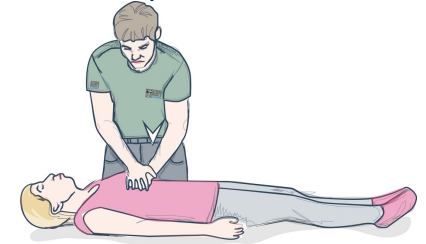
3. Check for normal breathing for no longer than 10 seconds



7. Use defibrillator if available and follow its instructions on whether to continue CPR



4. Place the heel of your hand on the centre of the person's chest, then place the palm of your other hand on top and press down by 5 to 6cm at a steady rate of 100 to 120 compressions a minute



8. Continue with 30 chest compressions and 2 rescue breaths until the patient shows signs of life or the defibrillator tells you to stop so it can analyse the heartbeat again or emergency services arrive

