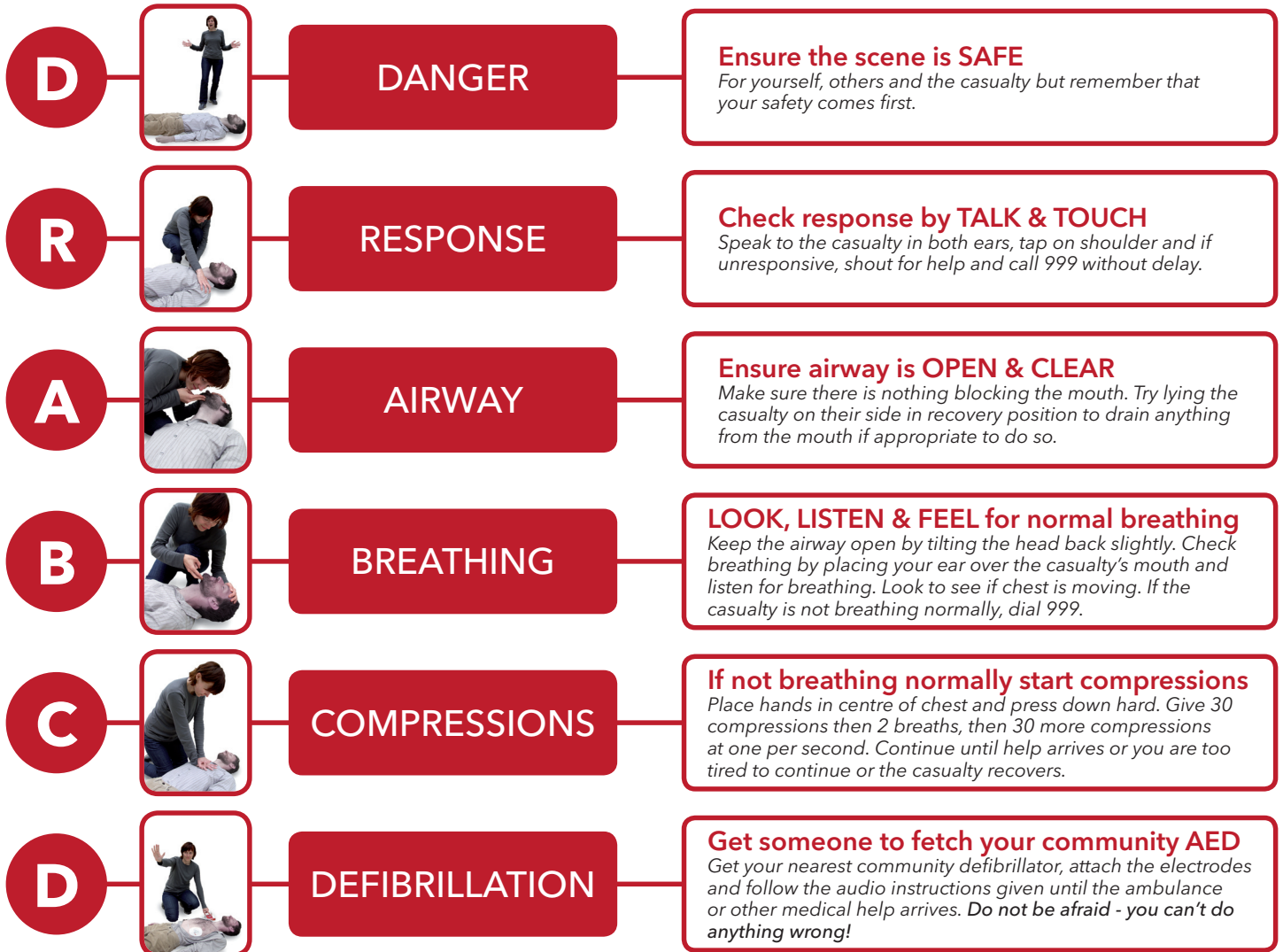
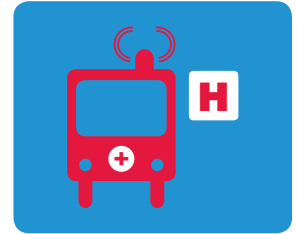
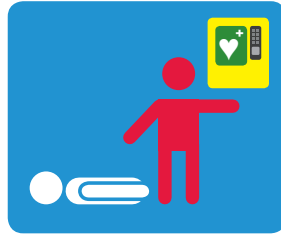


COMMUNITY HEARTBEAT

The Community HeartBeat Trust



ADDITIONAL COMPRESSION/BREATHING INFORMATION

- Give 30 compressions at a rate of 100 per minute and then give 2 breaths
- Repeat 30 compressions and 2 breaths sequence
- If rescue breaths are unsuccessful you will need to clear the airway after the next cycle of compressions

FOR AN ADULT USE 2 HANDS & COMPRESS THE CHEST 4-5cm
 FOR A CHILD USE 1 HAND & COMPRESS 1/3 CHEST DEPTH
 FOR AN INFANT USE 2 FINGERS & COMPRESS 1/3 CHEST DEPTH



www.communityheartbeat.org.uk