

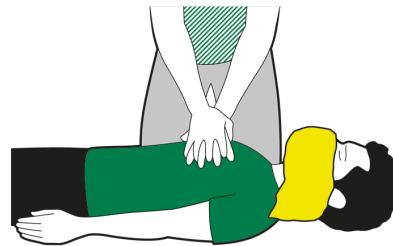
# What to do if someone is unresponsive and not breathing normally

## 1. Call 999/112 for emergency help

- Ask if an AED is nearby

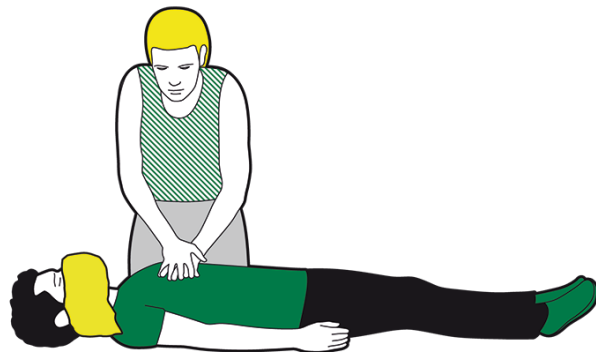


## 2. Lay a piece of towel or clothing over the casualty's nose and mouth



## 3. Pump

- 30 chest compressions at a rate of 100-120 per minute
- Do not give rescue breaths
- Continue to pump until help arrives.



Make sure you always have life saving knowledge at your fingertips. Download our free first aid app from your app store today.

[sja.org.uk](http://sja.org.uk)

**St John**  
Ambulance

