

Simple
Steps
To Save
A Life



Chest
Heart &
Stroke
Scotland



For further **advice, information** or
to **donate** visit www.chss.org.uk
or telephone 0808 801 0899

Scottish Charity Number SC018761

D **is for Danger:** First, look around carefully to make sure the area is safe for yourself and others before approaching.



R **is for Response:** Shake them gently by the shoulders and ask them loudly "Are you alright?" If there is no response...



S **Shout for help:** as any assistance will be helpful.



A **is for Airway:** Gently tilt the head back to open up the airway.



B **is for Breathing:** Look, listen and feel for signs of breathing - if they are not breathing or if it's in an unusual, noisy way...



Call 999

C **is for Circulation:** Start chest compressions, press hard and fast on the chest around two compressions every second. Keep going until help arrives.

