



KEY STATISTICS



30,000

Out-of-hospital cardiac arrests each year in the UK



6,000

Deaths from choking each year — most preventable



8 minutes

Average ambulance response time in urban areas



3-4 minutes

Time before brain damage begins without CPR

STEP-BY-STEP GUIDE

1

D — Danger

Check for danger to yourself, bystanders and the casualty



2

R — Response

Check for response — shout and tap shoulders gently



3

A — Airway

Open airway — head tilt, chin lift



4

B — Breathing

Look, listen and feel for normal breathing for 10 seconds

