

# **SOMEONE HAS COLLAPSED OR HAS CHEST PAINS**

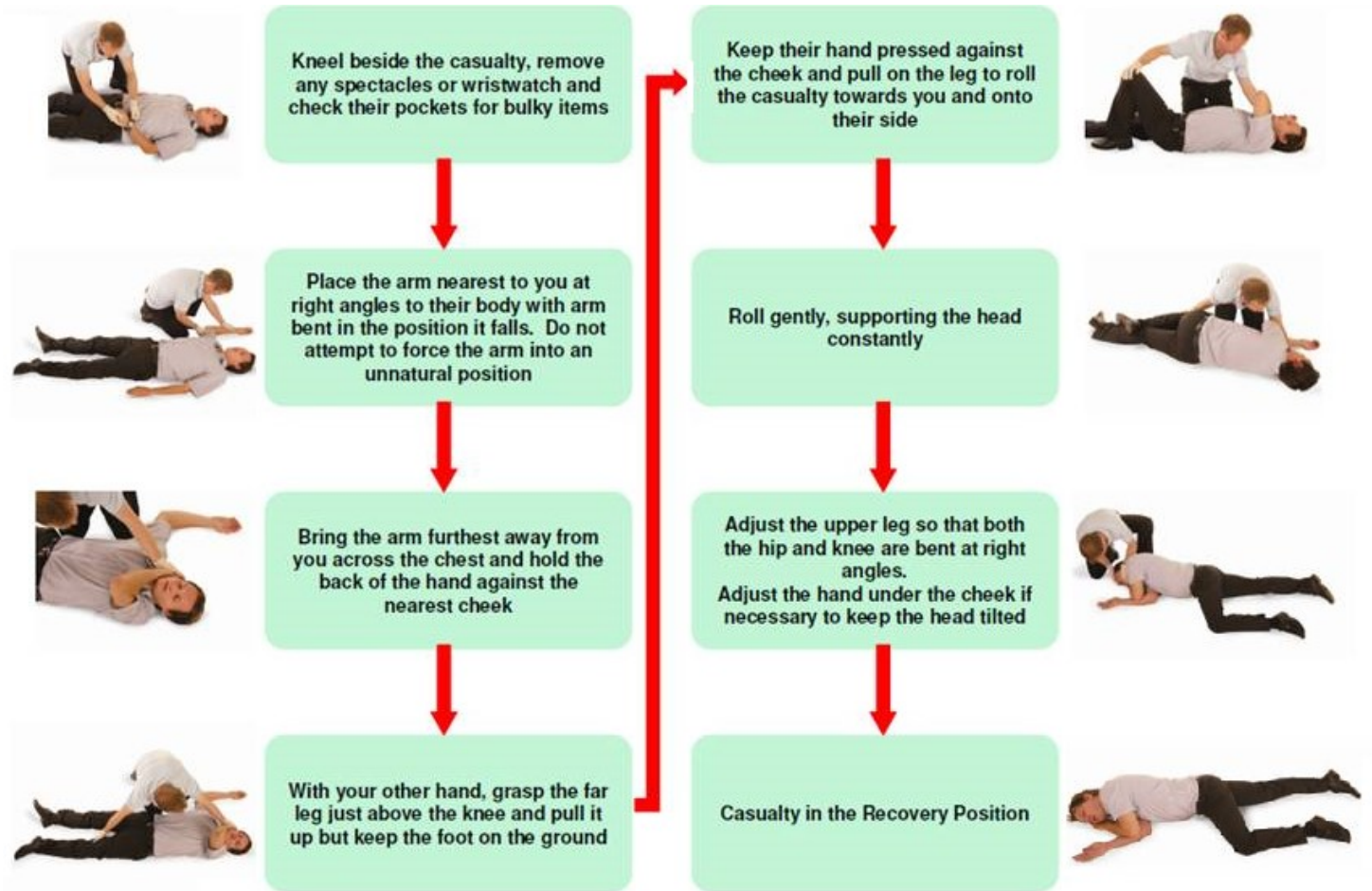
- 1. DIAL 999 IMMEDIATELY**
- 2. PHONE ONE OF THE FIRST RESPONDERS FROM THE LIST BELOW**
- 3. IF SOMEONE ELSE IS WITH YOU OR YOU CAN QUICKLY GET HOLD OF SOMEONE (E.G. NEIGHBOUR) GET THEM TO PHONE**
- 4. OPEN EXTERNAL DOOR(S) SO THE PARAMEDICS AND FIRST RESPONDERS CAN QUICKLY GAIN ACCESS**
- 5. THE FIRST RESPONDER WILL COME IMMEDIATELY TO YOUR ASSISTANCE**
- 6. THEY WILL ALSO ALERT OTHERS WHO WILL BRING THE VILLAGE DEFIBRILLATOR**
- 7. IS THE PERSON BREATHING**
  - a. YES - TRY AND PUT THEM INTO THE RECOVERY POSITION (SEE OVER)**
  - b. NO - TRY CPR (SEE OVER)**

<b>NAME</b>	<b>STREET</b>	<b>PHONE NUMBER</b>
Morag Le Hardy	Home Farm lane	01935 850 212
Andrew Neill	Middle Street	01935 851 031
Sue Walton	Middle Street	01935 851 818
John Chell	Middle Street	01935 851 167
Paddy & Nuala Clarke	High Street	01935 850 206
Jane Lines	High Street	01935 850 828
Bruce & Mary Hunter - Inglis	Mill Street	01935 850 656
Linda Galvin	Mill Street	01935 850 117
Ciaran Brady	Woodhouse Lane	01963 220 471

## **BE PREPARED**

- ❖ IDENTIFY YOUR NEAREST FIRST RESPONDERS FROM THE ABOVE LIST**
- ❖ VIEW IMAGES OVERLEAF – PRACTICE THE RECOVERY POSITION**
- ❖ VISIT THE ST JOHN AMBULANCE WEB SITE [WWW.SJA.ORG.UK](http://WWW.SJA.ORG.UK) AND SELECT “WATCH OUR VIDEOS” THEN VIEW HOW TO PERFORM CPR**
- ❖ SIGN UP FOR A FIRST RESPONDER TRAINING COURSE**

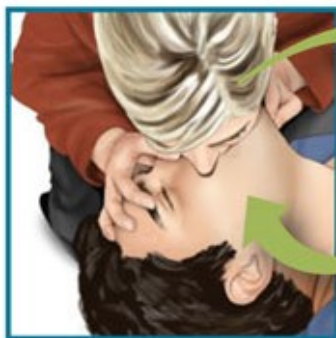
# RECOVERY POSITION



# CPR



**Push hard & fast  
Give 30 compressions**



**Open the airway &  
give 2 breaths**

**Repeat sets of 30  
compressions & breaths**