Resuscitation Council UK

GUIDELINES 2025

Adult basic life support in community settings

Maintain personal safety

Unresponsive and not breathing normally?

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Shout/call for help

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Call 999 and ask for ambulance service

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If the ambulance dispatcher identifies a local Automated External Defibrillator (AED) send someone else to fetch it

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30 chest compressions followed by 2 rescue breaths

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Continue CPR 30:2

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As soon as AED arrives switch it on and follow instructions

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Continue CPR until the ambulance service arrives