Resuscitation Council UK

GUIDELINES 2025

Adult basic life support in community settings

Maintain personal safety

Unresponsive?

↓

Shout/call for help

↓

Call 999 and ask for ambulance service

↓

Absent/abnormal breathing?

↓

30 chest compressions followed by 2 rescue breaths

↓

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

↓

Continue CPR 30:2

↓

As soon as AED arrives switch it on and follow instructions

↓

Continue CPR until the ambulance service arrives