

Emergency Numbers

999 – Ambulance / Fire / Police

111 – NHS advice (non-urgent)

Recovery Position

1. Arm 90°
2. Opposite knee up
3. Roll to side, head tilt

CPR Basics

30:2 = 30 chest compressions : 2 rescue breaths

Push hard & fast in centre of chest

Rate 100–120/min, depth 5–6 cm

Keep going UNTIL help arrives or they breathe normally

Keeps blood & oxygen flowing to brain & vital organs

Severe Bleeding

Direct pressure

Elevate if possible

Tourniquet if trained

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