

# When should you perform cardiopulmonary resuscitation (CPR)?

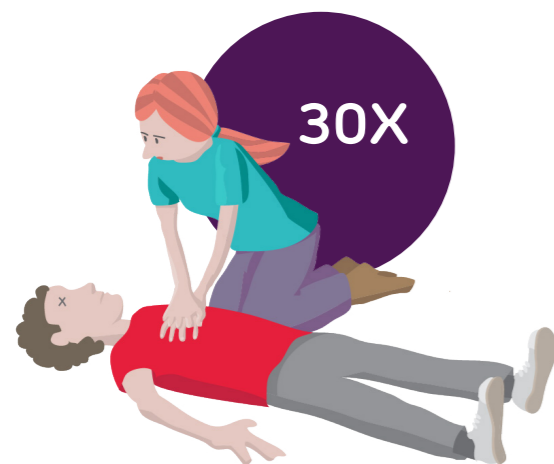
External Service for Prevention and Protection



The casualty is **unconscious, unresponsive** and shows **no signs of breathing or circulation**.

1. Ensure the area is safe
2. Call 112 and follow their instructions
3. Perform cardiopulmonary resuscitation

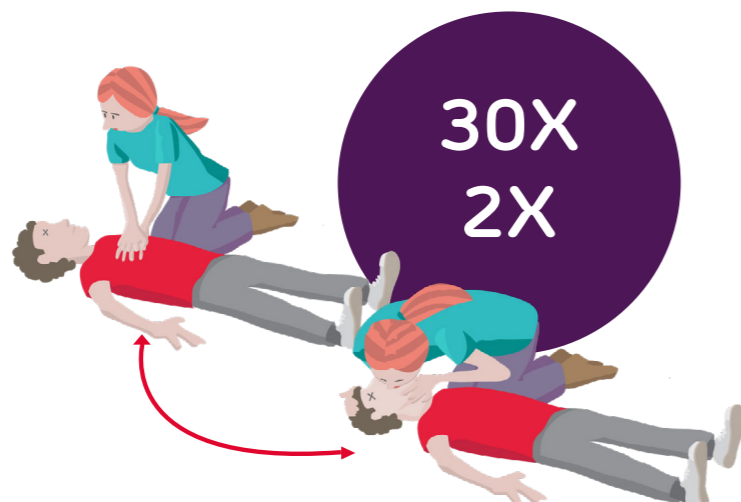
CPR



Perform 30 chest compressions



Deliver 2 breaths (mouth-to-mouth)



Continue cycles of 30 chest compressions with 2 breaths

Stop only if :

- emergency services arrive,
- a defibrillator (AED) is available and ready to use,
- the casualty shows signs of life.