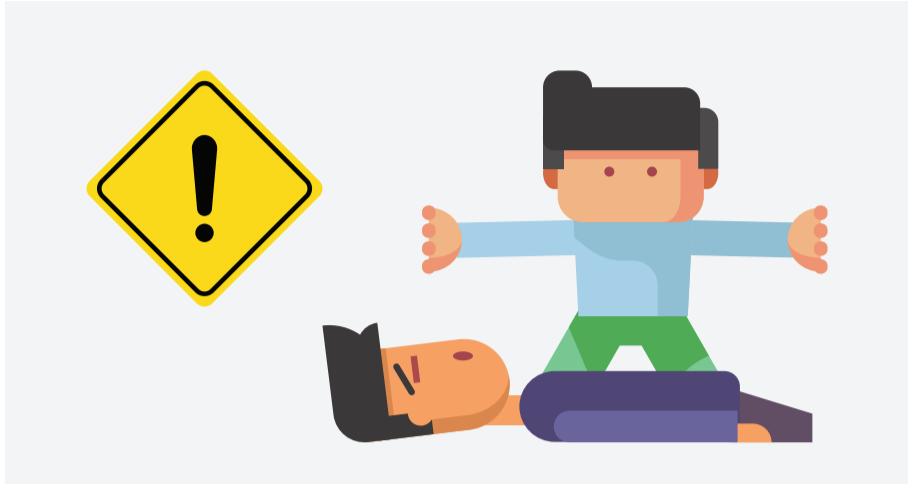


CPR & AED

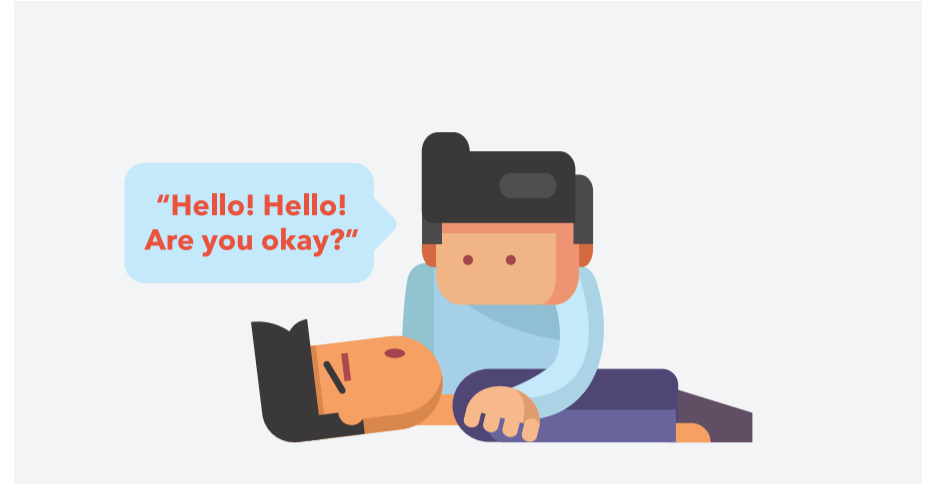
Quick Action Guide

1. Stay Safe



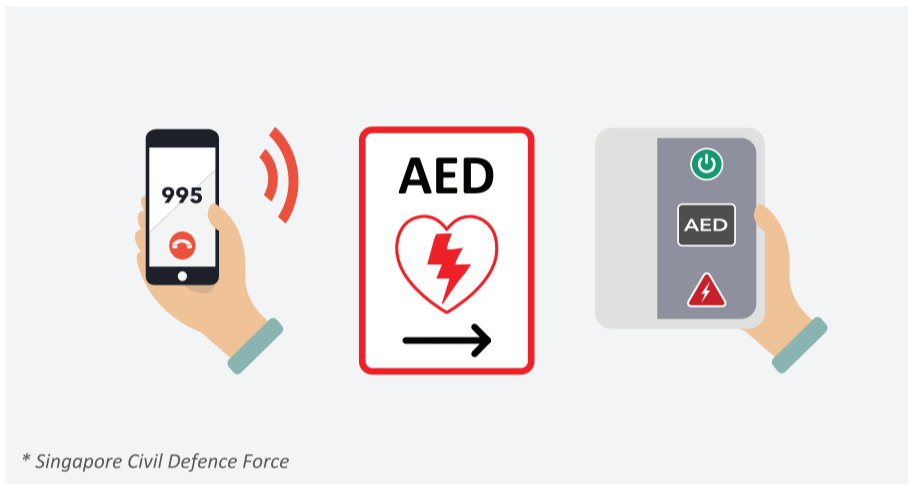
Move away from dangers such as roads, fires, falling objects, wet floor, etc.

2. Tap and Shout



Tap the shoulders to check for response. If unresponsive, get help! (See step 3)

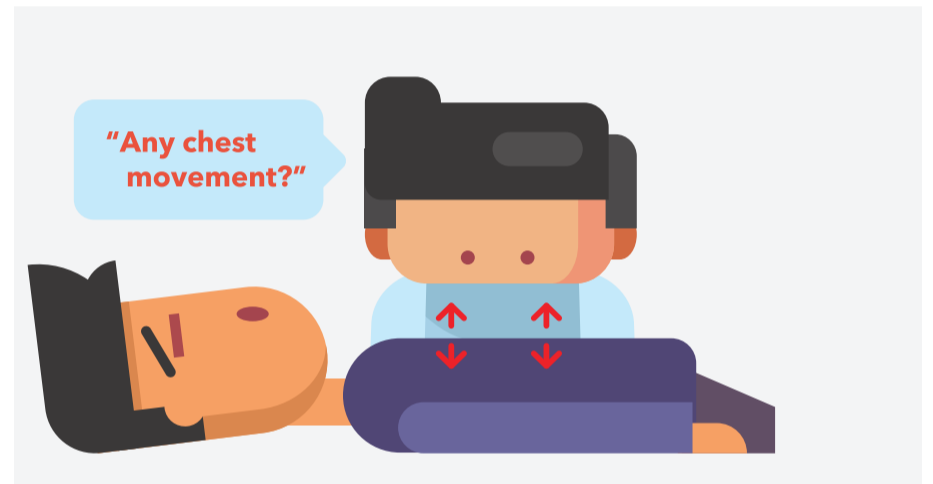
3. Call 995 and get AED



* Singapore Civil Defence Force

Call **995** for SCDF* and **stay on the line**; ask someone else to get the nearest available **AED**.

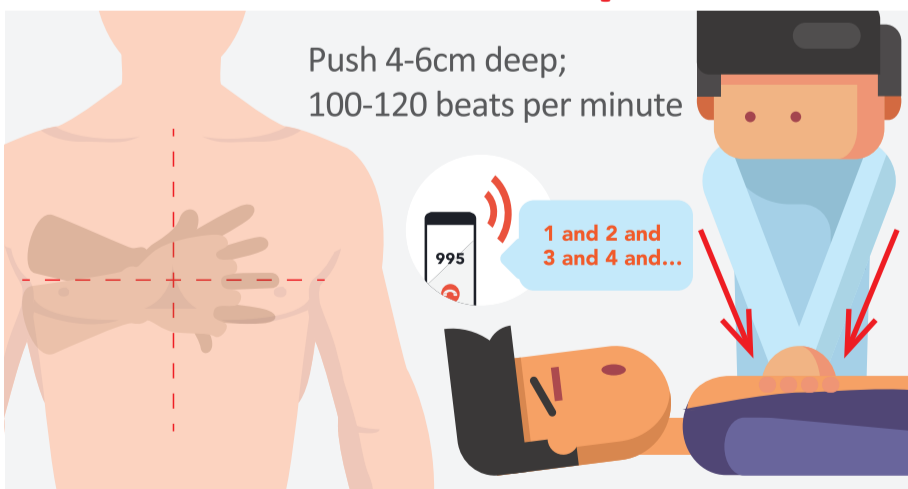
4. Check for Breathing



If breathing is absent, abnormal or unsure, start chest compression and use the AED. (See steps 5 & 6)

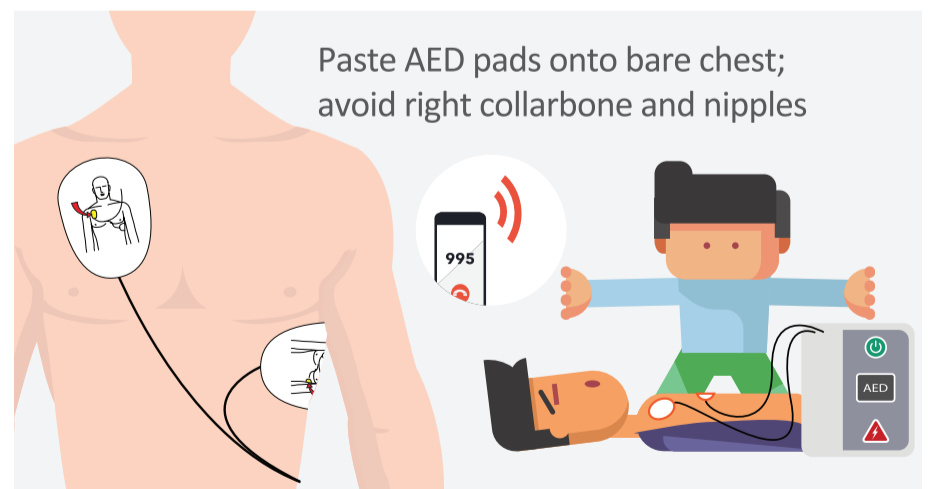
↓ **IF CASUALTY IS UNRESPONSIVE AND NOT BREATHING** ↓

5. Start Chest Compression



Follow 995 SCDF specialist's guidance. Push hard and fast at the centre of the chest with elbows straightened.

6. Use the AED



Turn it on, attach the AED pads and follow AED instructions until SCDF officers arrive.

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