



West of Ireland Cardiac Foundation

Fighting Heart Disease & Stroke

IF SOMEONE COLLAPSES immediately follow these steps....



1

Tap their shoulders and check if they are responding and breathing. If not...

Immediately ask someone to call an ambulance by dialling 999 or 112. If you are alone, call the ambulance yourself.

2



3

Start pushing hard and fast on the middle of the person's chest and keep pushing until the ambulance gets to you.



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