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## CPR During Covid-19

# Danger

Check it is safe to approach the casualty, consider PPE

# Response

Gently shake shoulders, ask loudly 'are you all right'  
Check absence of signs of life and absence of normal breathing, **do not put your face close to theirs**

# 999

If unresponsive call 999 / 112  
Put phone on loud speaker

# C.P.R.

Place cloth or face mask over casualties mouth and nose  
Start chest compressions & send for Defibrillator

Chest compressions at 100 - 120 per min

# Defibrillator

Switch on and follow instructions

[www.BagsFirstAid.co.uk](http://www.BagsFirstAid.co.uk) Tel: 0131 333 4597 Email [info@BagsFirstAid.co.uk](mailto:info@BagsFirstAid.co.uk)

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