



Steyning Area First Responders
for a **SAFeR** community

How you can help someone who has collapsed and isn't breathing

1. **Call 999 and ask for an ambulance to attend immediately**
(to help the crew find the patient quickly, give good directions)
2. **Roll the patient onto their back on the ground and start giving chest compressions**
3. **Ask someone else to go to fetch the nearest defibrillator—keep doing chest compressions**

