

Welcome to the ROH

Resus Service Lead

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- To book onto courses contact Learning and Development or visit the training calendar.

Basic Life Support

Chain of survival



IN AN EMERGENCY DIAL 2222

- In hospital if someone is acutely unwell, collapsed, unconscious, not breathing or not breathing *normally* call for help **dial 2222 from a hospital phone.**
- *State **Cardiac Arrest Team** and give them your exact location e.g, ward 2 side room 3.*

If someone is unresponsive and **not breathing** or not breathing *normally* call for help dial **2222** and start chest compressions



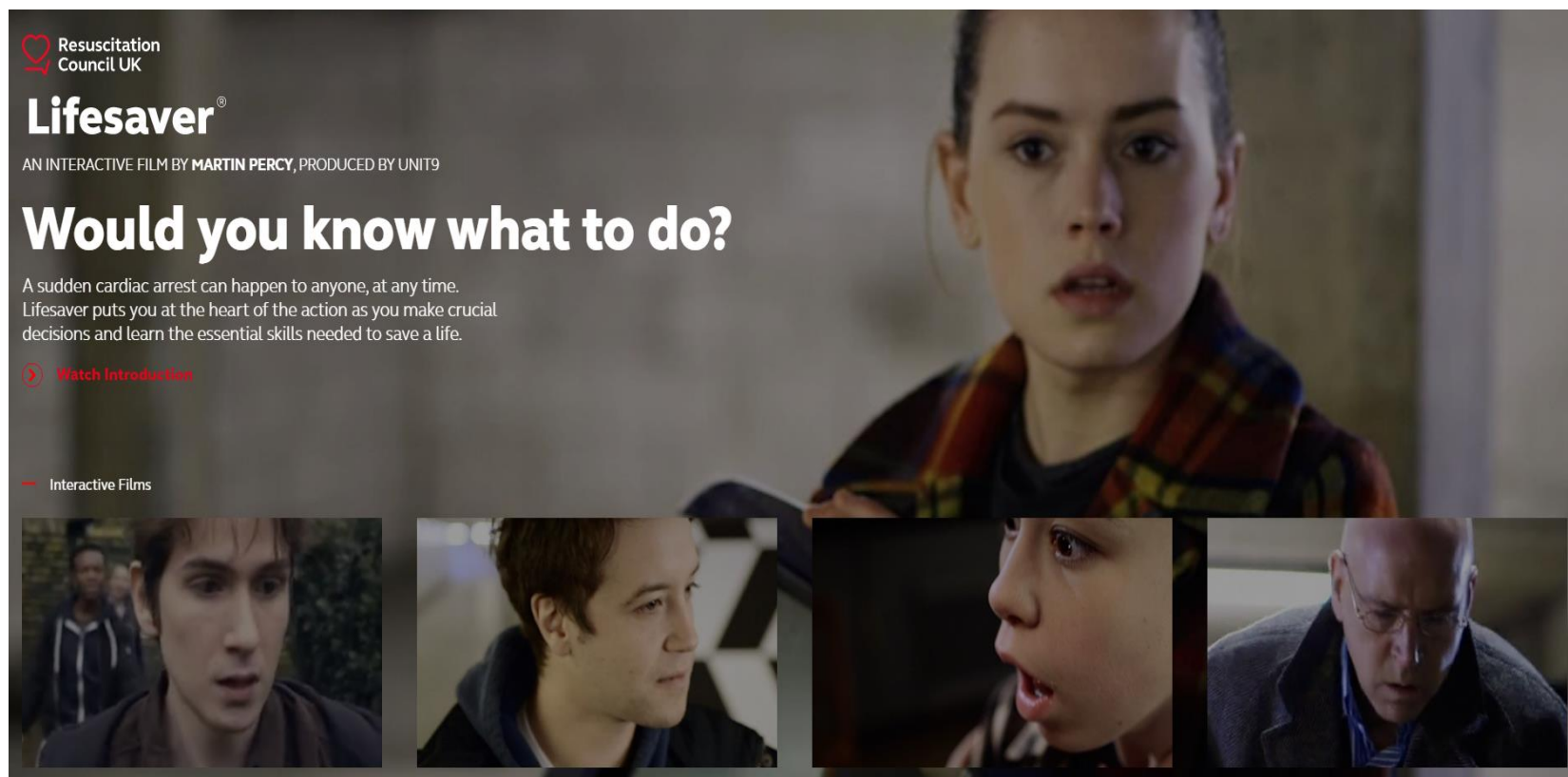
- Centre of the chest
- Push hard 5-6 cm
- Go fast 2 per second

Continue to do chest compressions. when
the defibrillator arrives

Switch on..... and follow instructions!



For further information Visit:
[Lifesaver \(life-saver.org.uk\)](http://life-saver.org.uk)



Resuscitation Council UK

Lifesaver®

AN INTERACTIVE FILM BY MARTIN PERCY, PRODUCED BY UNIT9

Would you know what to do?

A sudden cardiac arrest can happen to anyone, at any time. Lifesaver puts you at the heart of the action as you make crucial decisions and learn the essential skills needed to save a life.

[Watch Introduction](#)

Interactive Films

