Resuscitation: At a glance

If you follow these three steps, you can’t go wrong:

1. Check whether the person is conscious and breathing normally.

2. If not, call the emergency services (112 in Germany and many other countries, 911 in the U.S.)

3. Start doing chest compressions.

If you feel confident enough to, give rescue breaths as well as doing chest compressions. If available, use a defibrillator too.