


Resuscitation: At a glance


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

1

An illustration showing a woman in a green long-sleeved shirt leaning over a man lying on his back. She is looking at his face and has her hand near his mouth, appearing to check for breathing. The man is wearing a red shirt and has his eyes closed.

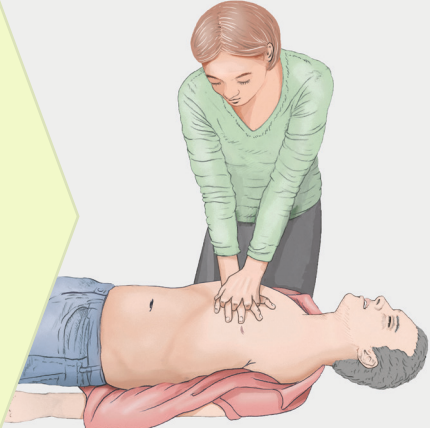
Check whether the person is conscious and **breathing normally.**

2

An illustration showing a woman in a green long-sleeved shirt kneeling next to a man lying on his back. She is holding a mobile phone to her ear, talking. The man is wearing a red shirt and blue shorts.

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

3

An illustration showing a woman in a green long-sleeved shirt performing chest compressions on a man lying on his back. She is leaning over him with her hands on his chest. The man is wearing a red shirt and blue shorts.

Start doing **chest compressions.**

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