

# CPR tips without the lips

**You don't *have* to do  
mouth-to-mouth to save a life**

*If you witness an adult suddenly collapse...*

## Check

Is the person  
**unresponsive**  
and **not**  
**breathing**?



## Call

Get someone  
to call **999** or  
**112**, or call  
them yourself.



## Compress

**Start compressions.**

Push **hard** and **fast** in the  
centre of the chest.

**Don't stop** until help  
arrives.



You **can** save a life.

[www.CitizenCPR.ie](http://www.CitizenCPR.ie)

If you are untrained in CPR, start compressions. However, you can learn the ideal method of CPR (compressions with rescue breaths) at a CPR course. To find a CPR course in your area go to [www.citizencpr.ie](http://www.citizencpr.ie)

Pre-Hospital  
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