Heart Awareness Month

How to perform CPR

Tap and Shout

Yell for help, ask someone to dial 111, and get an AED

Look for no breathing or only gasping

Push hard and fast in the middle of the chest. Give 30 compressions

Open the airways and give two breaths (if you feel comfortable, otherwise continue compressions)

Repeat sets of 30 compressions and two breaths.

When the AED arrives, turn it on and follow the prompts

AED's can be found:

1. Foyer at Top Office
2. Ambulance (plus a Trauma Pack)
3. First Aid room at Plant (plus a Trauma Pack)
4. Coronations in Supervisors Office (plus Trauma Pack)
5. Heavy Vehicle Workshop
6. MineStar / FRUG Offices
7. FRUG Underground Crib Room

Trauma Packs underground can be found in refuge chambers—1B9 SP15, 2N CU1, RAR, 2K6, but **not at Crib Room**