

WHAT TO DO IF SOMEONE COLLAPSES

A Quick Reference Guide for Bystanders | SaveU Safety Training, LLC | saveuniversity.com

Every second counts. You don't need to be a trained professional to save a life. Follow these steps calmly and confidently.

1 CHECK THE SCENE FOR SAFETY

- Look around before rushing in — hazards like traffic, fire, downed wires, or water.
- Only approach if it is safe for YOU to do so. Do not move the person unless in immediate danger.

Tip: Your safety comes first. You cannot help someone else if you become a victim too.

2 CHECK FOR RESPONSIVENESS

- Tap their shoulders firmly and shout: "Are you okay? Can you hear me?"
- Look for normal breathing — chest rising and falling regularly.
- Gasping or gurgling is NOT normal breathing — treat it as if they are not breathing.
- If responsive and breathing normally, keep them still and call 911.

Tip: Agonal breathing (gasping) is a sign of cardiac arrest — do not wait. Begin CPR.

3 CALL 911 IMMEDIATELY

- Call 911 yourself OR point to one specific person: "YOU — call 911 now."
- Stay on the line — the dispatcher will guide you. Tell them: location, what happened, and whether the person is breathing or not.
- Send someone to retrieve the nearest AED while you stay with the victim.

Tip: Alone with an adult? Call 911 first, then start CPR. For a child or drowning victim, give 2 minutes of CPR first, then call.

4 START CPR — CHEST COMPRESSIONS

- Place the person on their back on a firm, flat surface. Kneel beside them.
- Heel of one hand on the center of the chest (lower half of breastbone). Other hand on top, fingers interlaced, arms straight.
- Push hard, push fast: compress at least 2 inches deep, at a rate of 100–120 per minute.
- Allow the chest to fully rise between compressions — do not lean on the chest.
- If trained: 30 compressions, then 2 rescue breaths (30:2). If not trained: hands-only CPR is effective — keep compressing.

Tip: Think of a song that's 100–120 BPM to keep your pace — "Stayin' Alive" is a common one.

5 USE THE AED AS SOON AS IT ARRIVES

- Turn it on — it will guide you with voice prompts every step of the way.
- Expose the chest. Dry skin if wet. Remove medication patches with a gloved hand. Attach pads as shown in the diagram.
- Stand clear when the AED analyzes. If shock advised: ensure NO ONE is touching the person, then press the button.
- Resume CPR immediately after the shock. If no shock advised: continue CPR and follow prompts.

Tip: AEDs are designed for anyone to use. The device will not let you shock someone who does not need it.

6 KEEP GOING UNTIL HELP ARRIVES

- Do not stop CPR unless EMS takes over, a physician directs you to stop, the scene becomes unsafe, or you are physically unable.
- If the person begins breathing normally, roll them onto their side (recovery position) and monitor.
- Swap with another bystander every 2 minutes if possible — CPR is physically demanding.

Tip: Bystander CPR can double or triple survival odds. You are making a real difference.

CALL 911	START CPR	USE THE AED	DON'T STOP
Point to someone & say "YOU — call 911"	Hard & fast — center of chest, 2" deep	Follow voice prompts. Shock if advised.	Continue until EMS takes over.

Get trained. Be ready. Save a life.

SaveU Safety Training, LLC | saveuniversity.com | American Red Cross Licensed Training Provider

This guide is intended as a general bystander reference and does not replace formal CPR/AED certification. SaveU Safety Training, LLC recommends all individuals obtain hands-on training from a certified instructor.