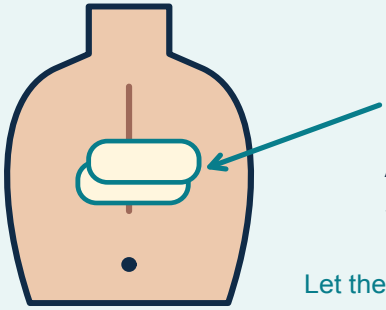
Basic life support

CPR and AED use for the public

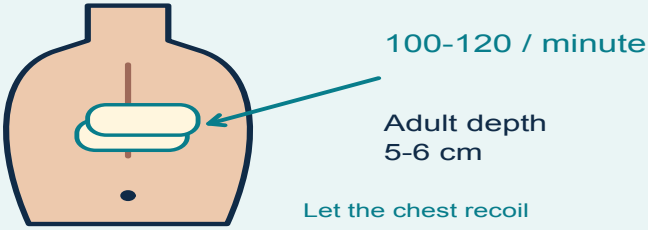


Unresponsive + not breathing normally = CPR

Call 112 on speakerphone as soon as you find an unresponsive person. Check breathing while the call connects.

Occasional gasps are not normal breathing. Follow the operator and begin CPR. Send a helper for an AED if available.

Adult CPR: push and breathe



Centre of chest, lower half of breastbone.

Start chest compressions

Place the heel of one hand on the lower half of the breastbone, in the centre of the chest. Put the other hand on top and interlock fingers.

Keep arms straight. Press down 5-6 cm at 100-120 compressions a minute. Let the chest recoil fully and minimise pauses.

If trained and able: 30 to 2

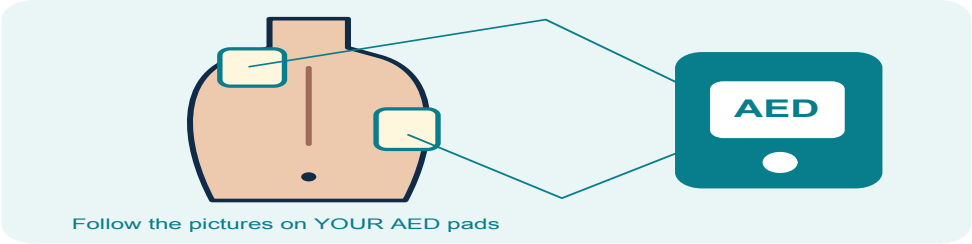
After 30 compressions, open the airway with head tilt and chin lift. Pinch the nose, seal your mouth over theirs and give 2 breaths, about 1 second each, just enough to lift the chest.

If unable to give breaths, keep doing continuous chest compressions. Follow the operator.

Start where they are

Do not delay CPR to move someone from a bed to the floor. Start immediately where it is safe.

Use an AED as soon as possible



Follow the pad pictures. Keep clear during analysis and shock.

Anyone can use one

Turn it on and follow its voice and picture instructions. Expose the chest and dry it if wet. Stick the pads exactly as shown on them.

Keep everyone clear when it analyses or gives a shock. Restart CPR immediately when instructed.

Work as a team

One person can continue CPR while another prepares the AED. If possible, swap the person giving compressions about every 2 minutes with minimal interruption.

If alone, stay with the person and follow 112 advice rather than leaving to search for an AED.

Keep going

Continue until professionals take over, the person starts breathing normally, the scene becomes unsafe, or you are physically unable to continue.

Children and babies



Baby: under 1 year. Child: over 1 year. Not newborn resuscitation.

Call 112 and give 5 initial breaths

For an unresponsive child or baby not breathing normally, call on speakerphone. Open the airway: gentle head tilt for a child; keep a baby's head near neutral and lift the chin.

Give 5 initial breaths. Cover a baby's mouth and nose with your mouth; for a child, seal over the mouth and pinch the nose. Each breath should just lift the chest.

Then compress the chest

Press the lower half of the breastbone at 100-120 a minute, about one-third of chest depth: roughly 4 cm for a baby, 5 cm for a child.

For a baby, use both thumbs with fingers encircling the chest. For a child, use one or two hands as needed.

Use the sequence you know

Use 30 compressions to 2 breaths unless specifically trained in paediatric CPR, when 15:2 is used. If unable to give breaths, give compressions and follow 112.

Useful things to know

Children and the AED

Use a child mode or child pads for children under 8 if available. Otherwise use the adult AED. If pads would touch, place one on the chest and one on the back as shown by the device.

Do not lose time

Do not try to find a pulse. If unsure whether breathing is normal, follow the emergency operator and begin CPR.

If normal breathing returns, keep watching closely. An unresponsive person breathing normally needs the recovery position and continued monitoring.

Learn hands-on skills

A booklet supports first-aid training but cannot replace practice with an instructor. Arrange training in adult, child and baby CPR and AED use.

Nearest AED and access hours

First-aid training / refresher date

Emergency location instructions

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

First-aid notes

Guidance and further reading

Resuscitation Council UK: Adult basic life support 2025
Resuscitation Council UK: Basic life support: practical FAQs
Resuscitation Council UK: Paediatric life support 2025
European Resuscitation Council: Paediatric life support 2025
British Red Cross: Unresponsive and breathing

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.