

Adult basic life support

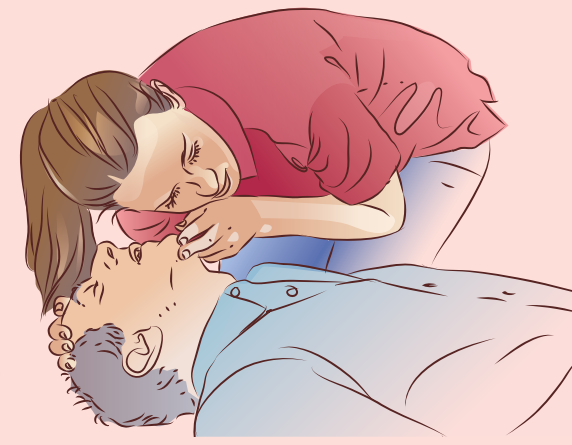
1

Check for a response and breathing

Are you awake?



Absent or abnormal breathing?



2

Unresponsive and absent or abnormal breathing
Call 112

Activate the speaker function

3

Start CPR 30 chest compressions, 2 rescue breaths

I will assist you perform CPR

Stay in touch with the dispatcher until ambulance personnel take over.



Press down on the sternum 5-6 cm.
Compression rate 100-120/min.
Blow into the mouth for 1 second until the chest is raised.

4

If an AED is accessible, switch it on and follow instructions

Attach the electrode pads during ongoing CPR



Continue CPR 30:2 until the person wakes up or the ambulance personnel take over.

Pediatric basic life support 0-18 years When children suffer a cardiac arrest it is usually caused by respiratory failure.

Rescuers trained in PBL5: Shout for help and give 5 rescue breaths. Call 112 and start CPR 15:2. Untrained rescuers or only trained in Adult BLS: start CPR 30:2. Depress the lower half of the sternum, 4-6 cm depending on age. Rate: 100-120/min. If an AED is accessible, switch it on and follow instructions.