

ADULT BASIC LIFE SUPPORT

GUIDELINES 2026

1

Check responsiveness



2

Unresponsive Call 112



Open the airway and check for breathing



3

Absent or abnormal breathing

Start CPR immediately, 30 chest compressions and 2 ventilations



Compression depth 5-6 cm,
rate 100-120/min.

Provide rescue breaths, just enough
to make the chest start to rise.

Minimize interruptions.

4

Attach AED as soon as possible, follow AED instructions



CHILDREN When children suffer a cardiac arrest, it is most often due to an inability to breathe. If the child is unresponsive, call 112. If there is no breathing or abnormal breathing, give 5 rescue breaths. If you have been trained in pediatric CPR, start CPR with a 15:2 compression-to-ventilation ratio; otherwise, use 30:2. Compression depth should be one-third of the chest depth, with a maximum depth of 6 cm. Compression rate: 100-120 per minute. When an AED (automated external defibrillator) is available, turn it on and follow the instructions. Continue CPR until the child regains consciousness or emergency medical personnel take over.



Scan the QR-code to access
the Swedish AED-register