

PEDIATRIC BASIC LIFE SUPPORT

GUIDELINES 2026

0-1 years

1-18 years

1

Check responsiveness



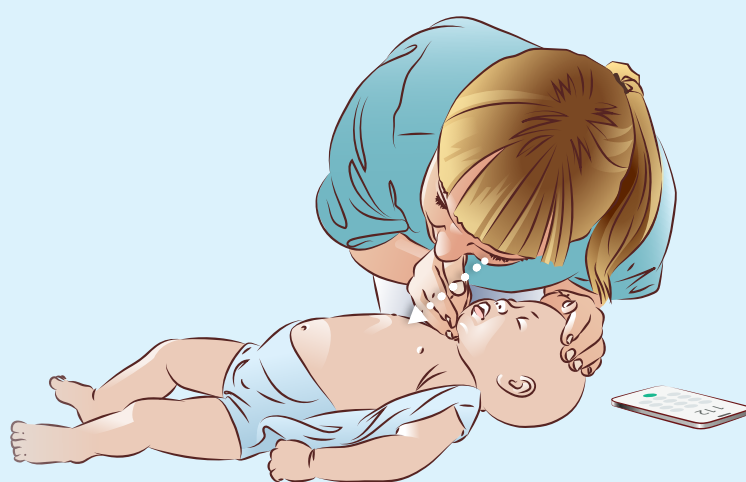
2

Unresponsive
Call 112

Use phone on speaker



Open the airway
and check for breathing

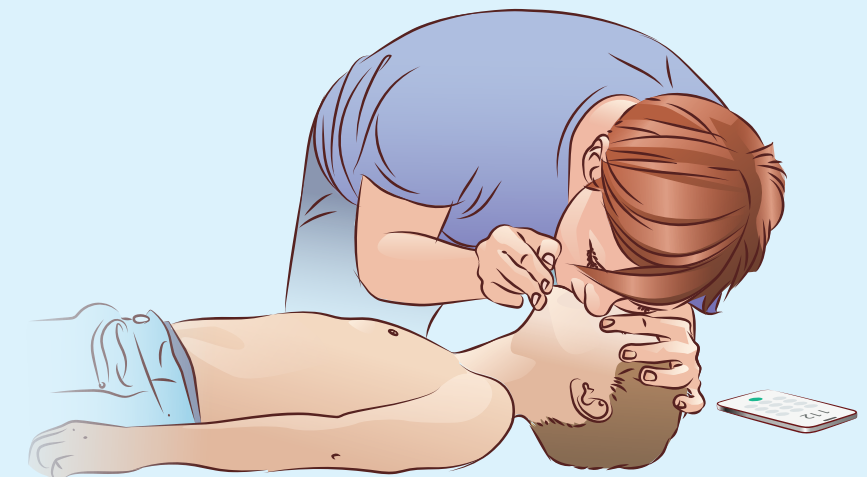
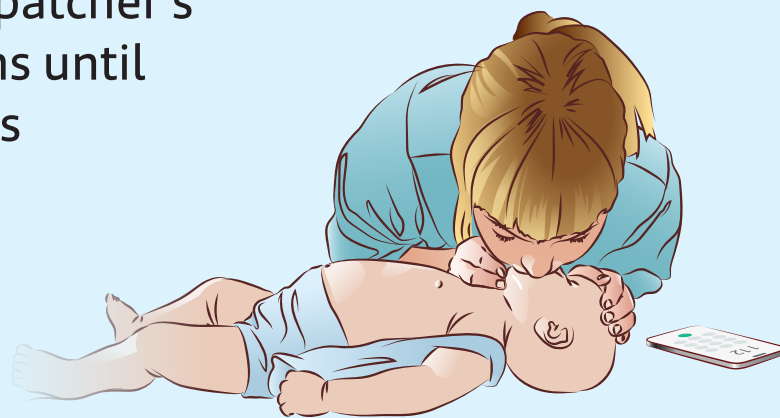


3

Absent or abnormal breathing
Provide 5 rescue breaths

Just enough to make the chest start to rise

Follow dispatcher's
instructions until
EMS arrives



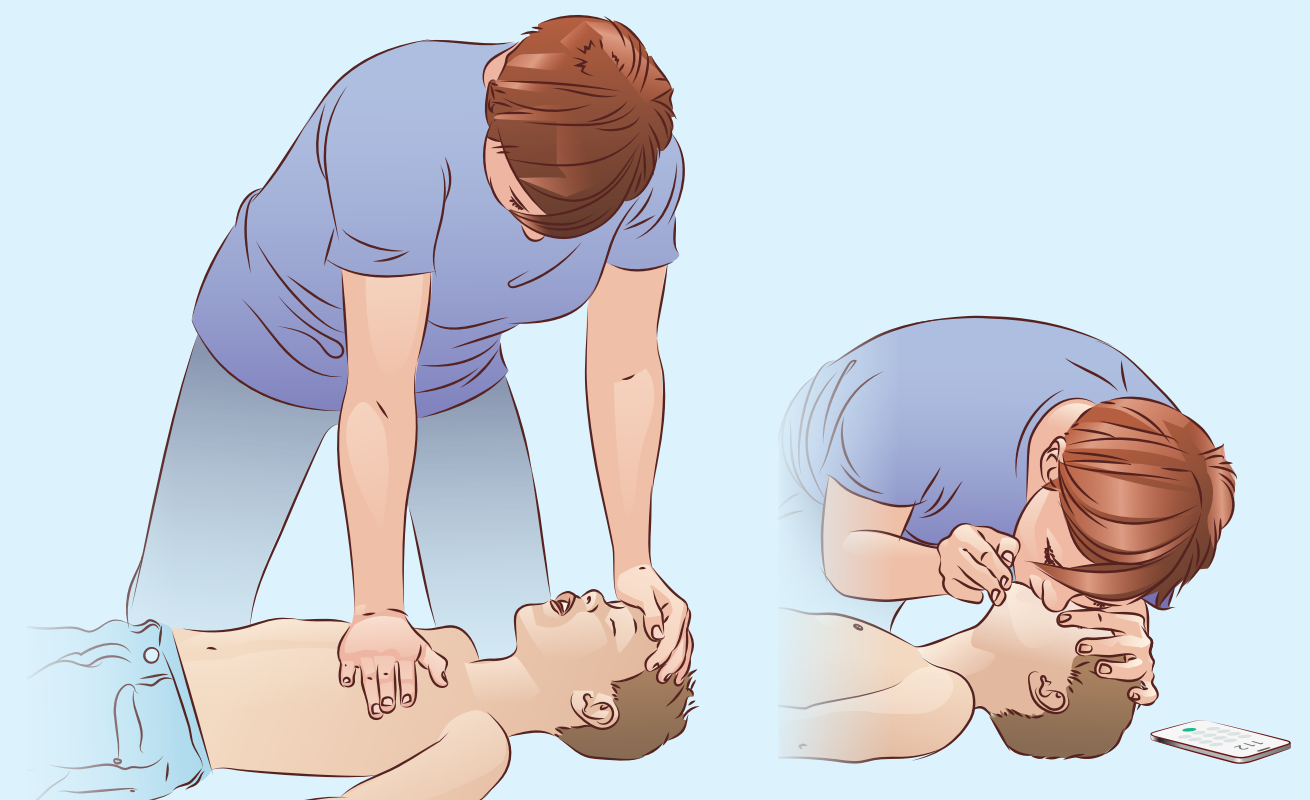
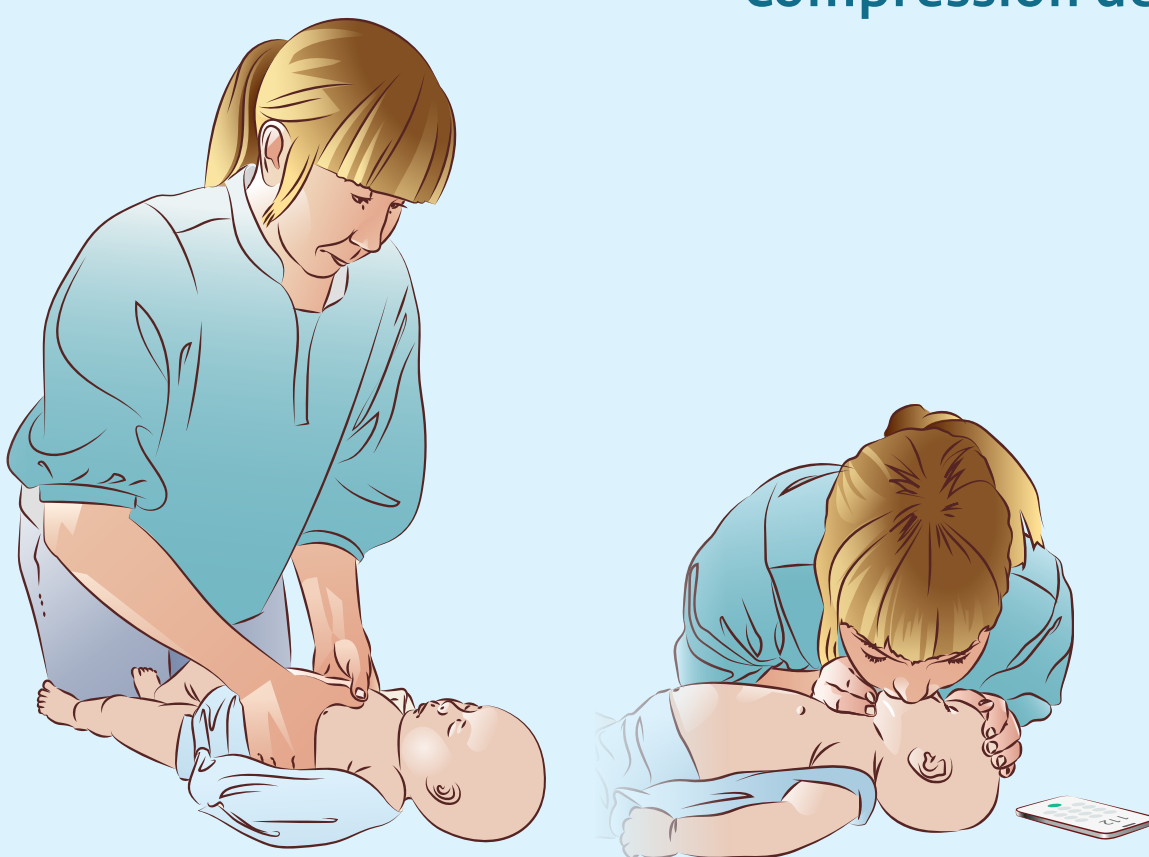
4

Start CPR

15 chest compressions and 2 rescue breaths

Compression depth 1/3 of the chest depth, max 6 cm

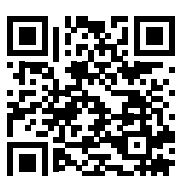
Rate 100-120/min



Attach AED as soon as possible, follow AED instructions

Continue CPR 15:2 until signs of life
or until EMS / resuscitation team arrives

ADULT When adults suffer a cardiac arrest, it is often caused by life-threatening cardiac arrhythmias. If the person is unresponsive, call 112. If there is no breathing or abnormal breathing, start CPR with a 30:2 compression-to-ventilation ratio. Compression depth should be 5–6 cm, at a rate of 100–120 compressions per minute. When an AED is available, turn it on and follow the instructions. Continue CPR until the person regains consciousness or emergency medical personnel take over.



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