

Cardiopulmonary Resuscitation/CPR



1

What has happened?
Is the patient responding?

- Take the lead
- Secure the scene
- Get an overview and call 113
- Ensure your own safety before entering the situation

2

Provide open airway
and check for
breathing

- Conscious or unconscious?
- Provide open airways
- Check breathing for 10 seconds, if not breathing normally start CPR
- Unconscious but breathing normally? Check the breathing for 1 min, before placing the person in the recovery position

3

Get help!
Call 1-1-3

- Call 1-1-3
- Answer the questions you'll be asked:
 - What has happened?
 - Where are you calling from?
 - Is the patient awake?
 - Who is calling?

4

No signs of life?
Start CPR 30:2

- Find the compression point on the chest between the nipples
- Perform 30 compressions that are 5-6 cm deep and delivered at a rate of 100 compressions per minute.
- Make sure airways are open and deliver 2 rescue breaths
- Continue CPR steps 30:2
- Instruct a bystander to get an AED