

ADULT CPR

According to European CPR guidelines

1 Check for consciousness

Gently shake the victim's shoulders and try to make contact



2 Check for breathing and open the airway

Look, listen and feel for breathing no longer than 10 seconds



Normal breathing

3 If no or abnormal breathing - Call 112

Put the phone on speaker mode and do not cancel the call



4 Begin CPR immediately

Alternate between 30 chest compressions and 2 rescue breaths



Continue with CPR, without disruption until the person breathes normally or emergency personnel arrives. Stop until the chest rises. Push down on the chest hard, 100-120 times per minute. Do CPR on a hard surface.

5 If an AED is available

Turn on the AED and attach the pads during CPR



Look closely at the pads images and follow the AED's instructions

After 2 minutes the AED will pause to analyze the heart rhythm - change the person who does the compressions.



After each analyze cycle continue with CPR for 2 minutes whether you had to give a shock or not.

Put the person in recovery position and call 112

Prevent hypothermia and keep monitoring the breathing



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Cpr Guidelines 2printable

IM Harris



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