

Rapid security control of the environment



Unresponsive person



Shout for help  
Call 144  
Get, or send for, an AED



Open the airway  
Absent or abnormal breathing



Start BLS  
30 chest compressions  
followed by 2 rescue breaths

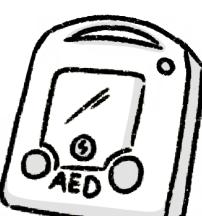
#### Chest compressions

- Pressure point in the center of the chest
- 100-120 / min
- 5-6 cm
- Complete release
- Minimal interruptions
- Hard surface if possible

#### Children

- If no mobile phone available, 1 minute CPR before alerting
- Start with 5 ventilations
- Ratio 15:2
- Chest compressions 1/3rd depth of chest

As soon as AED arrives  
switch it on and follow  
instructions



Continue CPR until EMS /  
resuscitation team arrives