

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



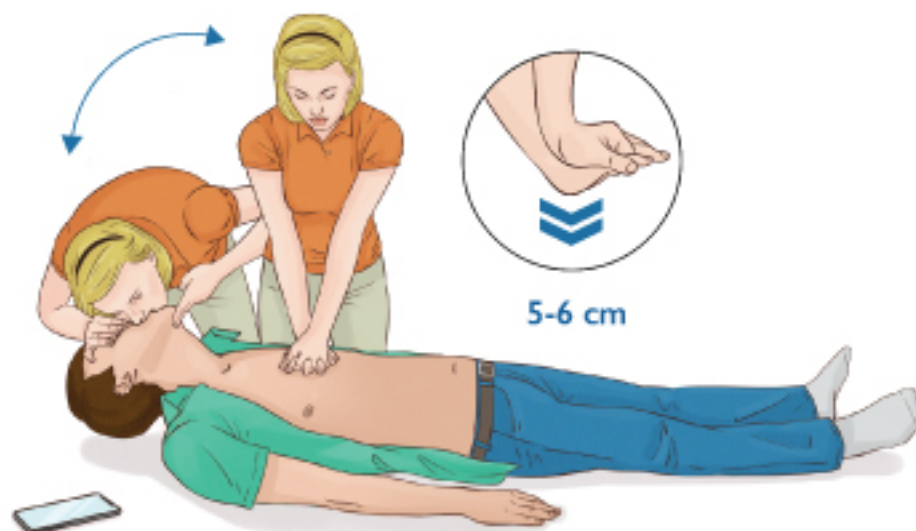
3 If no or abnormal breathing – Call 112

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



4 Begin CPR immediately

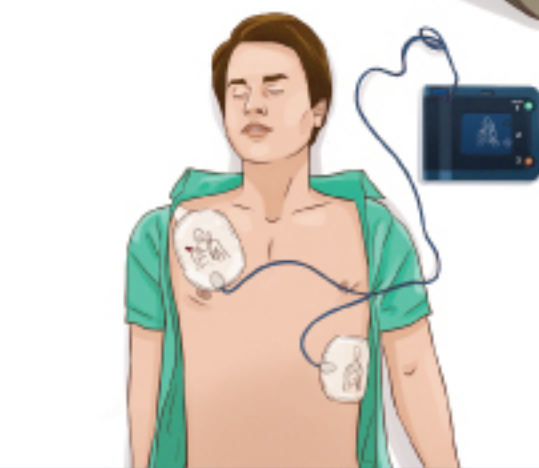
Alternate between 30 chest compressions and 2 rescue breaths



Continue with CPR without disruption until the person breathes normally or emergency personnel arrives. Blow 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



Learn how to save lives! Visit www.hlr-experten.se

There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, we have qualified instructors with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.