

ADULT CPR

According to European CPR guidelines

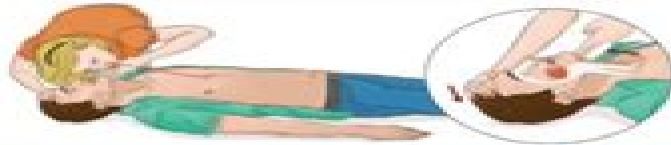
1 Check for consciousness

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. Slow 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

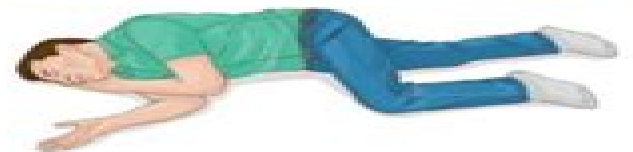
After 2 minutes the AED will pause to analyse the heart rhythm - change the person who does the compressions.



After each analyse 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, get them just fast instructions with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.

New Cpr Guidelines 2012

Hussin A.Rothana



New Cpr Guidelines 2012:

Embracing the Track of Appearance: An Mental Symphony within **New Cpr Guidelines 2012**

In a global eaten by screens and the ceaseless chatter of instantaneous interaction, the melodic elegance and emotional symphony developed by the written term frequently fade in to the background, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, set within the pages of **New Cpr Guidelines 2012** a marvelous literary treasure overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths with this emotional assessment, we shall investigate the book is central harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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