

FIRST AID

STOP AND LIMIT THE ACCIDENT

- Avoid injuring yourself
- Stop the accident
- Call 112.

112

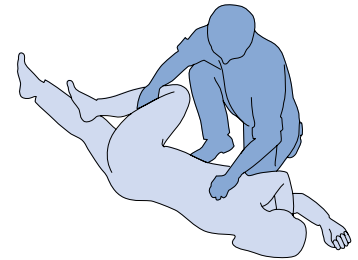
1. Is the person conscious?

Keep the person awake until the ambulance arrives.

2. Carefully shake. Yell aloud: 'Are you okay?'

3. Is the person conscious and breathing?

1. Create an airway.
2. Place the person in recovery position.



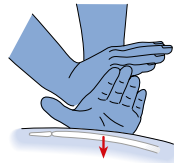
4. The person is not breathing.

More than one person: Send someone to collect the nearest defibrillator – AED.

3. Regularly check the breathing.
4. Wait for the ambulance.

5. Immediately start heart massage and artificial respiration

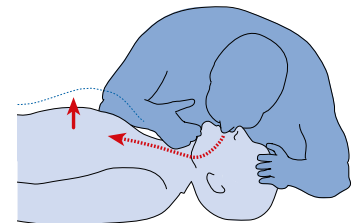
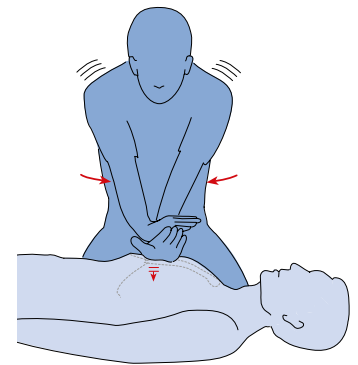
Place your hands on the center of the chest



Provide heart massage and artificial respiration:

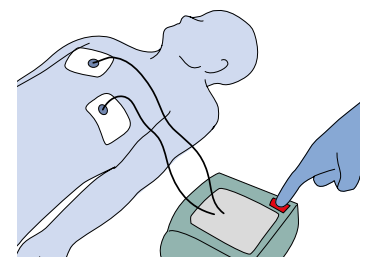
- Push firmly and at least 5 cm deep **30 times** with at least 100 pushes per minute.
- Close your lips around the person's mouth
- Breathe until the chest rises
- Repeat when the chest has lowered
- Repeat heart massage and artificial respiration with **30 pushes and 2 breaths** until the person is conscious or until help arrives and can take over.

Push 30 : 2 breaths



Turn on the defibrillator and attach pads

- Follow the instructions on the defibrillator
- Attach pads as instructed
- More than one person: continue the heart massage and artificial respiration **30 : 2**, while the other person attaches pads.
- **Stand clear of the person and push the shock button:** Do not touch the person, when the defibrillator analyzes, and when the shock is delivered.



If the person reacts, i.e. moves, opens eyes or breathes normally: Stop heart massage and artificial respiration.
Still unconscious: Place the person in the recovery position and regularly check the breathing.