

Adult CPR (Cardiopulmonary Resuscitation)

1

Are you awake?

Check responsiveness and breathing

Breathing normally?



2



If unconscious and no or abnormal breathing
Call 112

Activate the phone's speaker function

3

Start CPR

30 chest compressions and 2 breaths.

Help is on the way.
I'll help you with CPR.

Stay on the line with the emergency operator until the ambulance personnel take over.



Compression depth 5–6 cm, rate 100–120 per minute. Breathe in for 1 second until the chest rises.

4

If there is an AED (defibrillator), start it and follow the instructions.

Attach the sticky pads/
adhesive electrodes
during ongoing CPR.

Continue CPR 30:2 until the person wakes up or the ambulance personnel take over.



Children

When children experience cardiac arrest, it is most often because they haven't been able to breathe. Trained lifesavers who have practiced Child CPR should give 5 breaths, call 112, and start CPR 15:2. If you haven't practiced Child CPR, start CPR 30:2. Compression depth is 1/3 of the chest's height, 4–6 cm depending on age. Rate 100–120/min. If there is an AED, start it and follow the instructions. Continue CPR.

To find the nearest AED, visit
hjärtstartarregistret.se.

Learn to rescue lives! Become a certified life rescuer! Visit our website for more information:


www.Livraddare.org

Based on the HLR guidelines and the European Resuscitation Council

