

First Aid



In an emergency situation, we are obligated to at least notify emergency medical services

Calling for help



Emergency Medical Services



Police



Fire Department



Rega



Poison Control
(Tox Info)



European Emergency Line

If the patient is unresponsive but breathing normally

Recovery Position



Position the Arms



Bend the Knee



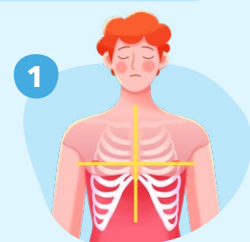
Log Roll the Patient



Tilt the Head Backwards

If the patient is unresponsive and not breathing normally

Compressions



Pressure point



Chest Compressions

Ventilation



Head-tilt / chin-lift maneuver



Ventilation

For adults

30x

For children

Initial 5 rescue breaths

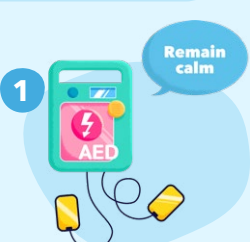
15x

Compressions

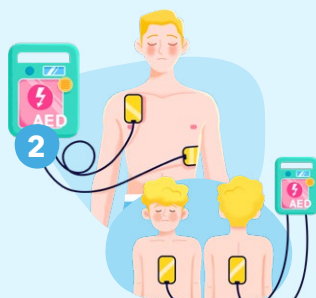
2 and afterwards
rescue breaths

Resuscitation efforts, including defibrillation, must be continued until rescue personnel takes over, or until the patient starts breathing on their own again.

Defibrillation



Turn on the AED



Apply the pads



Deliver shock



Continue resuscitation

The only mistake you can make is to do nothing!