ADULT CPR

According to European CPR guidelines



Gently shake the victim's shoulders and try to make contact



Check for breathing and open the airway

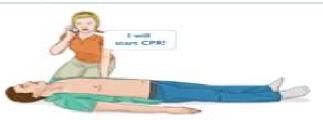
Look, listen and feel for breathing no longer than 10 seconds

Normal breathing



If no or abnormal breathing - Call 112

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



Begin CPR immediately

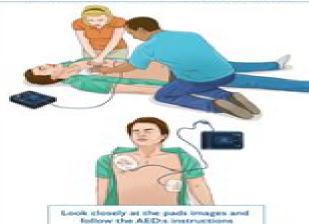
Alternate between 30 chest compressions and 2 rescue breaths



Continue with CPR without disruption until the person breather normally or emergency personal arrives. Blow until the chest rises. Push down on the chest hard, 100-120 times per minore. Do CPR on a hard surface.

If an AED is available

Turn on the AED and attach the pads during CPR



After 2 minutes the AED will pause to analyze the heart



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





There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPIL we have gue first instruction, with real the experience. Learn what to do if somebody chakes, drowns or suffers a cardiac arrest.



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Didier Musso

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Adopting the Track of Expression: An Emotional Symphony within Printable Cpr Guidelines 2013

In a global taken by displays and the ceaseless chatter of quick communication, the melodic splendor and emotional symphony developed by the prepared term often diminish into the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. However, nestled within the pages of **Printable Cpr Guidelines 2013** a charming literary prize filled with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that interesting masterpiece conducts readers on an emotional trip, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of the moving assessment, we can examine the book is key harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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