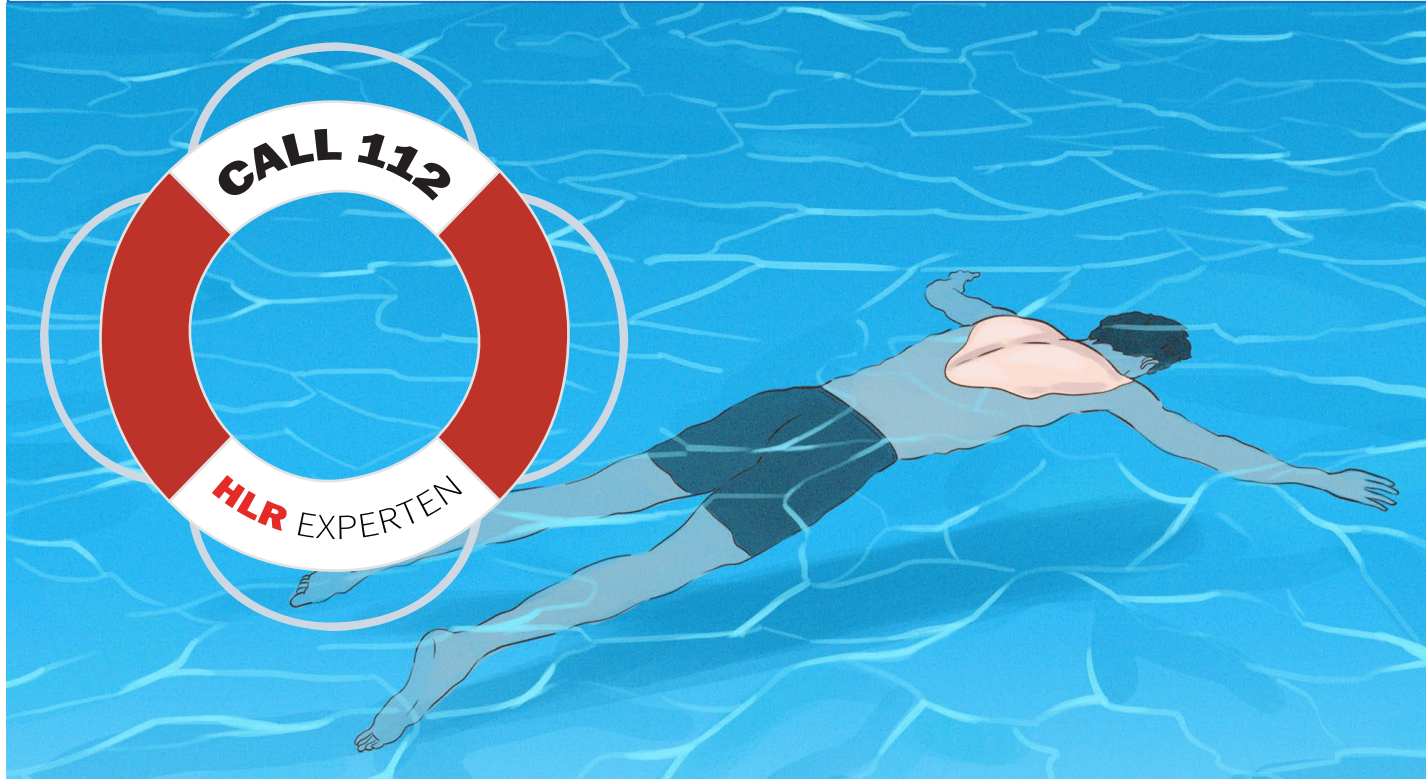


# DROWNING FIRST AID

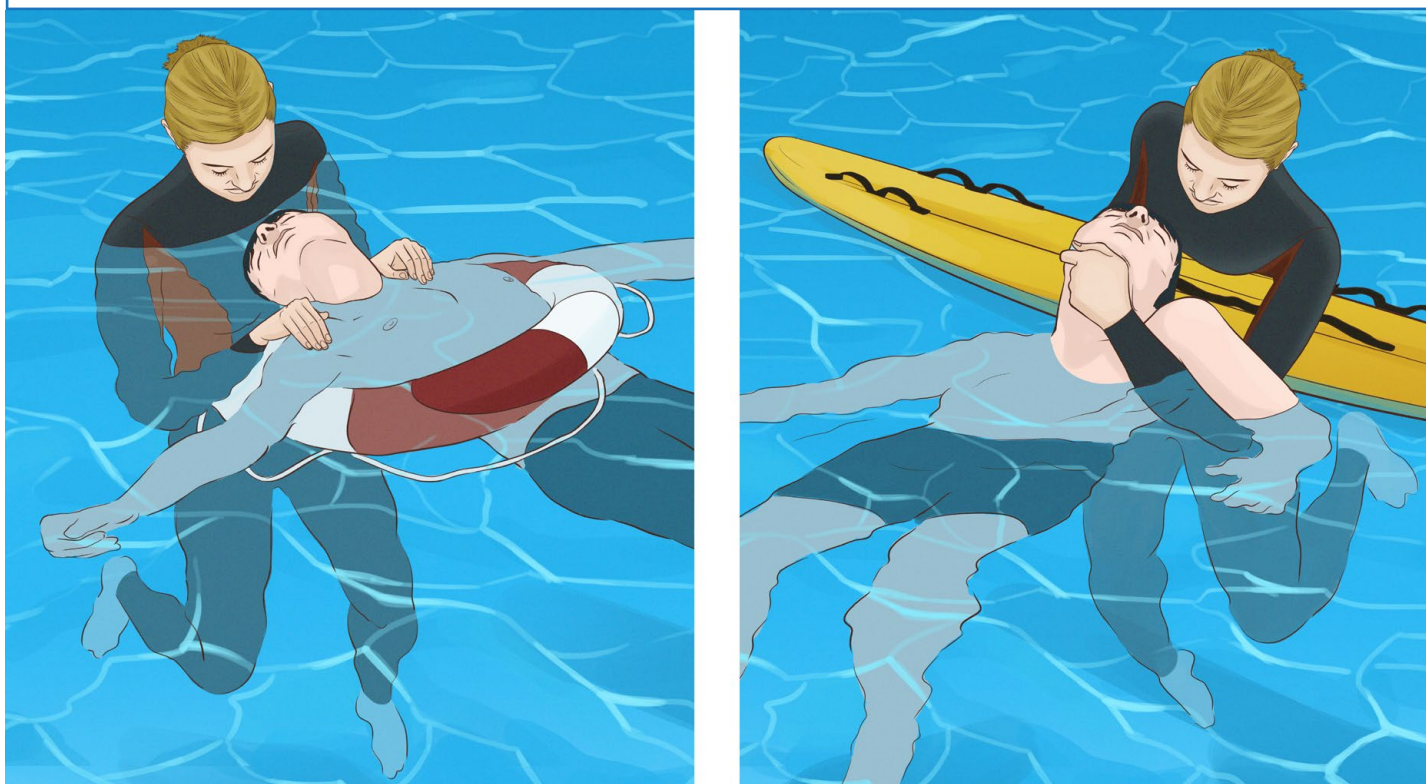
## 1 > Begin to rescue and ask someone to call 112

Stay on shore if possible and make use of an extended arm, eg. a lifebuoy, a branch, a rope or a towel to reach the victim.



## 2 > Check for consciousness and breathing

Think of your own safety, use a lifebuoy or some floatable object.



## 3 > Unconscious with no or abnormal breathing

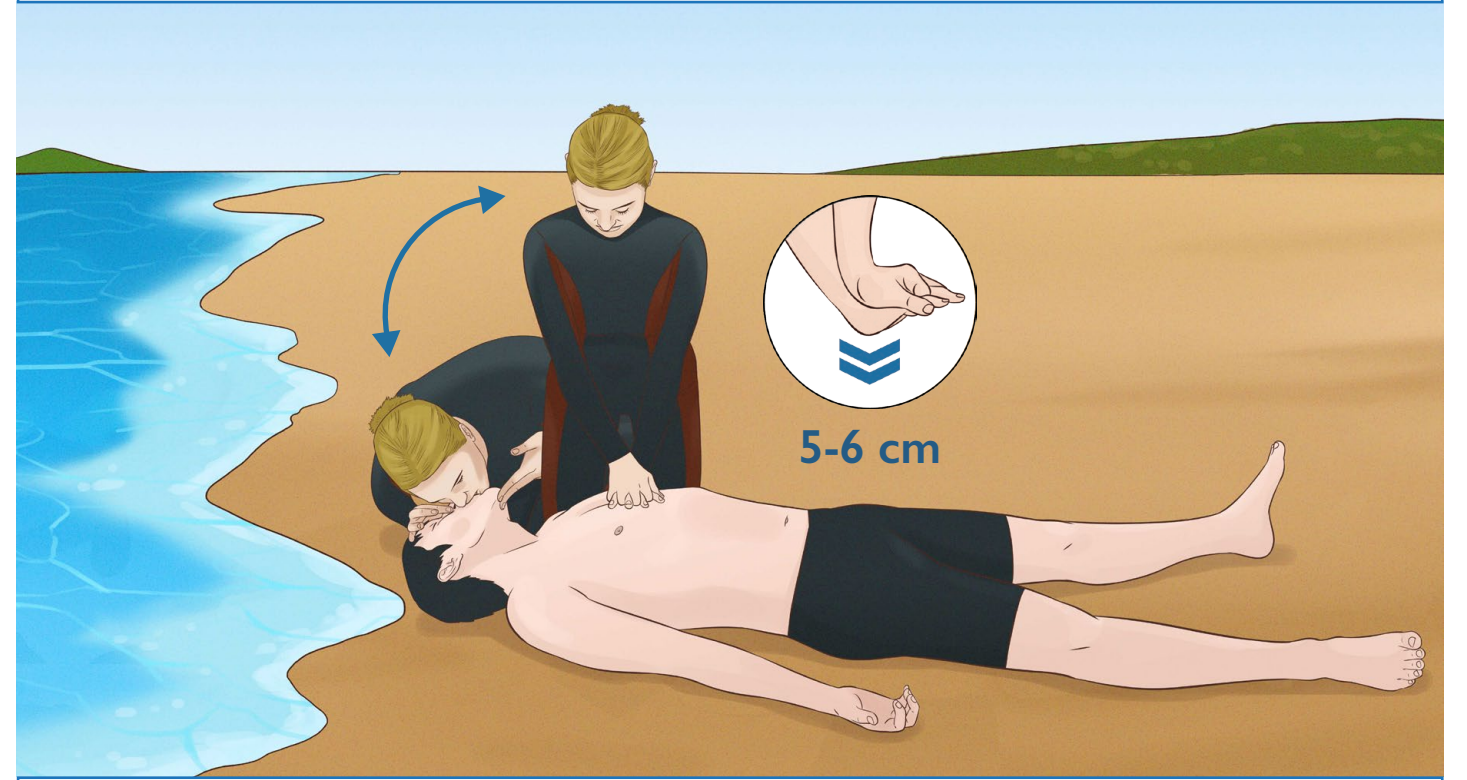
Open the airway and give 10 rescue breaths while in the water. Blow harder than normally until the chest rises.



Continue with rescue breaths while in the water if help is nearby, otherwise save to shore. Rescue breaths in deep water should only be given by lifeguards with a lifebuoy or a floatable object.

## 4 > Begin CPR when on shore

Begin with 5 rescue breaths, then start CPR 30:2. Blow harder than normally until the chest rises.



Continue with CPR without disruption until the person breathes normally or emergency personnel arrives. Push 100-120 bpm.

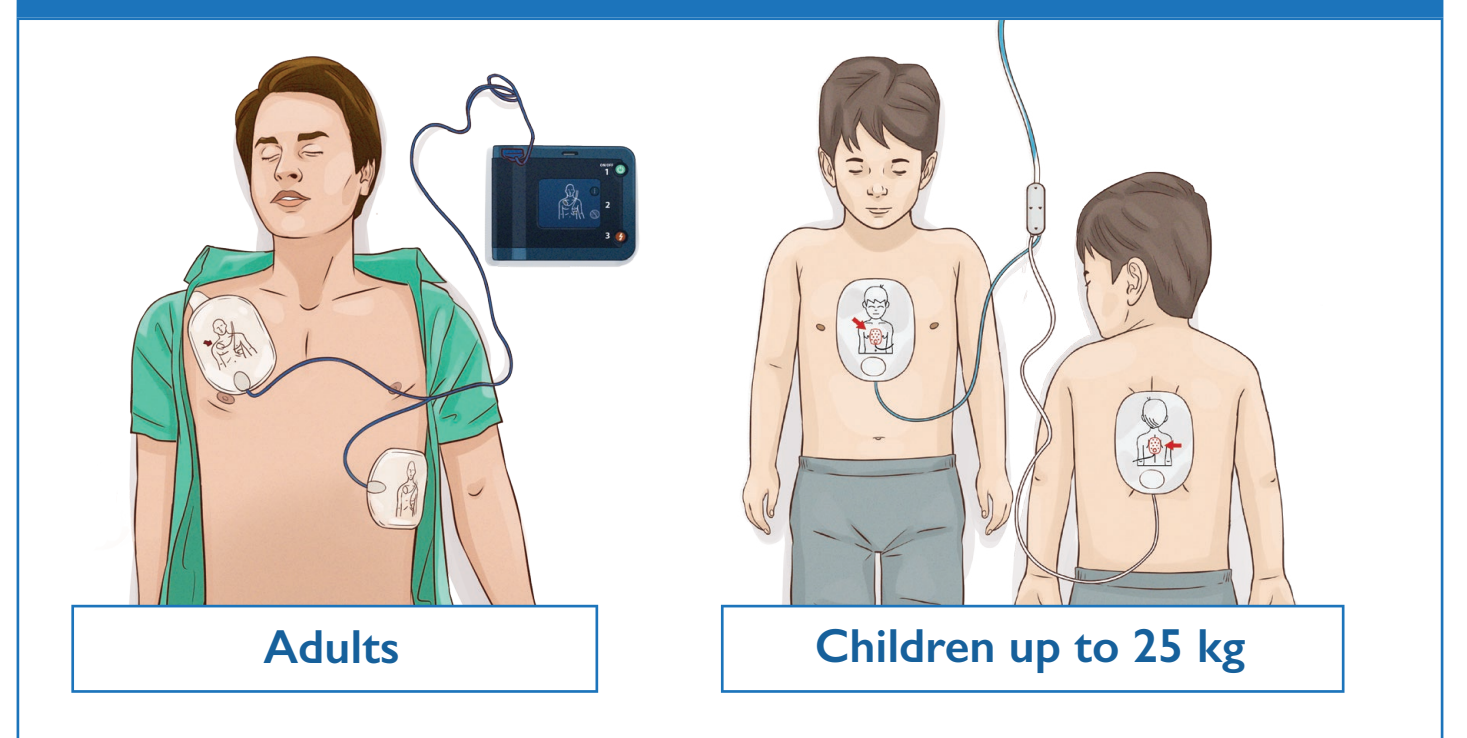
## 5 > Use an AED if one is available

Turn on the AED and attach the pads during CPR, follow the instructions. Wipe the chest dry before attaching the pads. The ground surface may be damp.



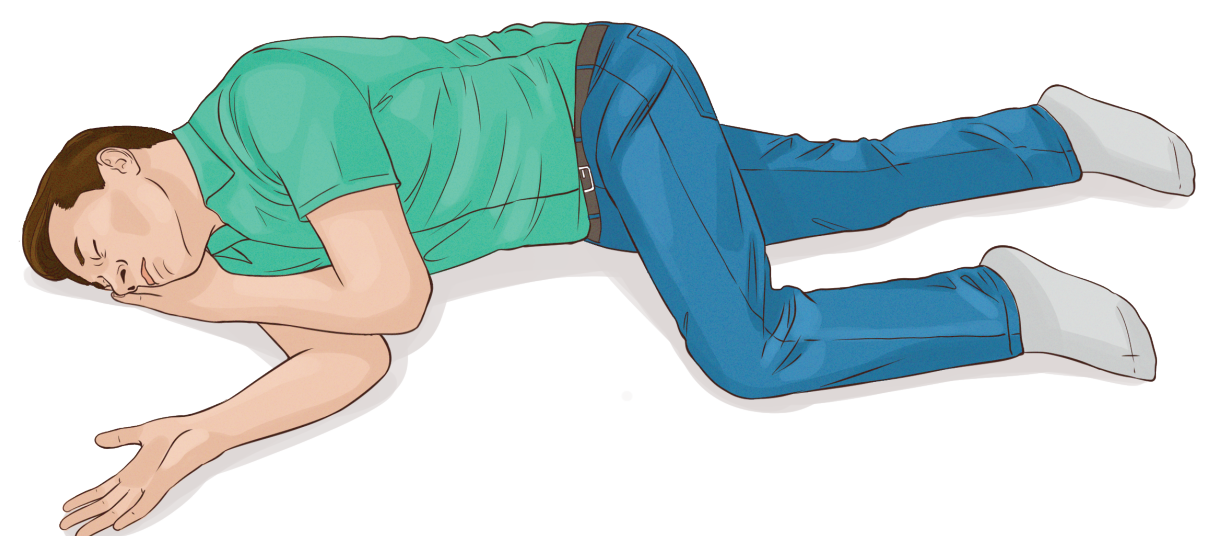
Alternate between each other during the analysis every 2 min and continue with CPR whether you had to give a shock or not.

## Pad placement on adults and children



## If normal breathing - put in recovery position

Prevent hypothermia and keep monitoring the breathing



Learn how to save lives! Visit [www.hlr-experten.se](http://www.hlr-experten.se)

There you will find free CPR posters, books and articles regarding CPR. Train your staff in CPR, we have qualified instructors with real life experience. Learn what to do if somebody chokes, drowns or suffers a cardiac arrest.