

# CPR STEPS WITH AED

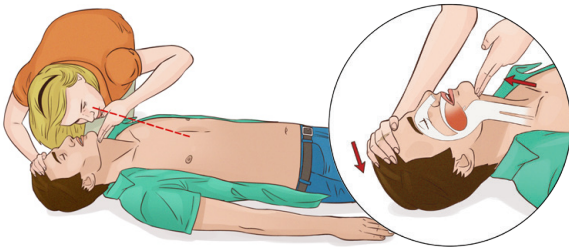
## 1 Check for consciousness and call 112

Ask someone else to call 112 and get an AED



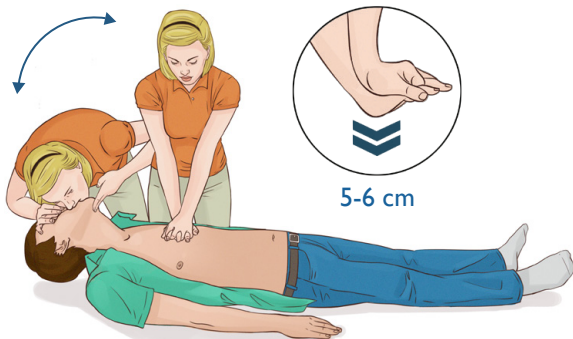
## 2 Check for breathing and open the airway

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



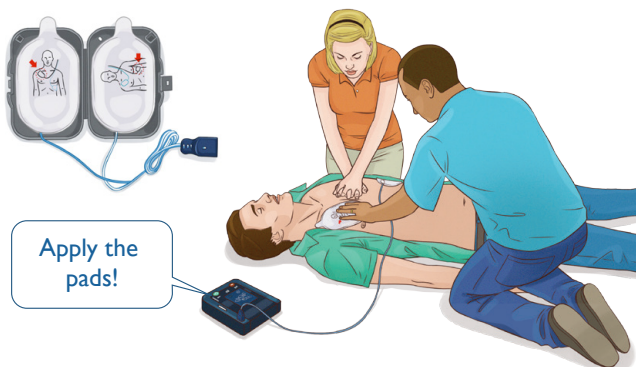
## 3 If no or abnormal breathing – Begin CPR

Alternate between 30 compressions and 2 rescue breaths



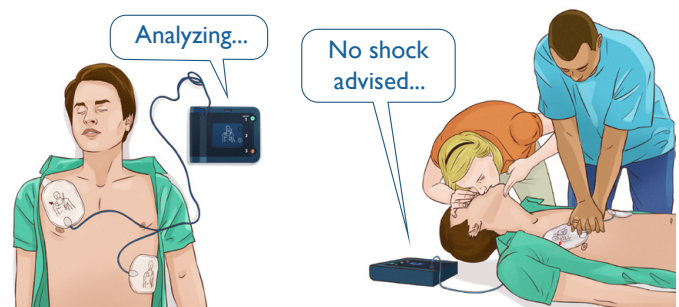
## 4 Turn on the AED and attach the pads

Attach the pads during CPR and follow the AED's instructions



## 5 Do not touch the person during analysis

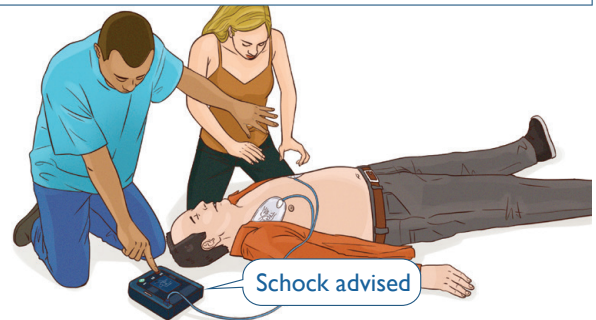
Alternate between each other during the analysis every 2 min



Continue with CPR until you notice obvious signs of life. Push down on the chest hard, 100-120 times per minute. Do CPR on a hard surface and blow until the chest rises.

## 6 Press the "shock" button when advised

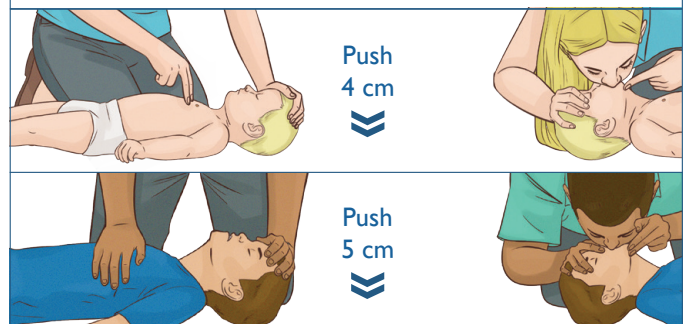
Keep clear from the person and then press the shock button



After each analyze continue with CPR without disruption for 2 minutes whether you had to give a shock or not.

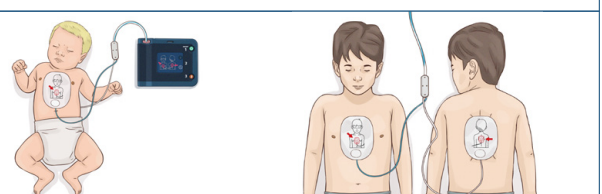
## CPR on infants and children

Alternate between 30 compressions and 2 rescue breaths



## How to use an AED on infants and children

Apply the pads in the following way on children up to 25 kg



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.