

## Cardio-pulmonary resuscitation - CPR, Basic Lifesaving Support - BLS



**1. First check whether you can wake the collapsed person up by shaking him and by talking to him. **If the person does not wake up...****



**2. Shout for help or dial yourself 112 for the emergency service and follow the instructions given.**

Tell shortly what has happened and give the exact address. Listen carefully and answer the questions posed to you, follow the instructions given.



**3. Check if the patient is breathing normally.**

Open the airways by lifting the chin upwards and tilting the head back. Check if the person's chest is rising. Feel and listen the air stream from the mouth and the nose.

**If the person does not breathe normally:**



**4. Start chest compressions.**

Find the correct place to apply pressure. Place the heel of one hand on the middle of the breastbone and the heel of the other hand on the on top of the first one. Press the breastbone 30 times with your arms straight at a rate of 100 – 120 times / minute. Depress the breastbone approximately 5-6 cm.



**5. Begin to give mouth-to-mouth ventilation with two blows of air.**

Close the patient's nose by pinching the nostrils with your thumb and index finger. Place your lips tightly around the patient's mouth and blow air in his lungs 2 times. Check whether your blows make his chest rise

**6. Continue CPR** by alternating 30 compressions and 2 ventilations until the person shows signs of recovery, professional help arrives or you exhaust yourself.