

2. Chest compressions only with continuous coaching

Hello - 995. What's your emergency?

1

Where is the patient? What's your ADDRESS?

Do you know the postal code?
What's the nearest street name?

read back: "The address is....."

2

What is your PHONE number?

3

How old is he/she?

(Is it a child or and adult?)

4

Is he/she awake?

5

Is he/she breathing normally?

Can you describe the breath sounds?

Can you see the chest rising?

Ok, she is not breathing normally, you need to start CPR. I will help you
An ambulance is on the way

6

Can you put your phone in speaker mode?

- Place the phone on the floor in front of you. Can you hear me?

7

Now first -

Is the patient lying on his/her back?

Do you have access to the patient's chest?

8

Listen! Remove any jacket, to make compressions easier

9

Move the his/her arm straight out towards you

Kneel down with the patient's arm between your knees. Get closer to the patient.

10

Put your hands on top of each other, between the nipples. Push hard and deep.

Count together with me
1, 2, 3, 4, 5, 6, 7, 8, 9, 10....keep going

11

Continue with questions and instructions ca. every 10 s:

Good - the ambulance is on the way

12

Are you pushing with you body weight?

13

Good job - continue what you're doing

14

Count with me...1, 2, 3, 4, 5, 6, 7, 8....keep going

15

Good job. Keep going!

16

Are your arms straight?
Good, the ambulance will arrive in 5 minutes. Keep going.

17

Are your hands between the nipples?

18

Count with me...1, 2, 3, 4, 5, 6, 7, 8, 9...keep going

19

After 30 compression:
You can stop now, the ambulance has arrived are ready to take over.
-Change roles

20

Change roles