

### 3. 30:2 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, he/she is not breathing normally

**We will now start CPR in series of 30 compressions and 2 ventilations**

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

**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 patient's 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...29, 30  
Now tilt the head back and pinch his nose - give 2 breaths

11

**Good! Continue with 30 compressions 1,2,3.....28,29,30**  
**2 breaths!**  
.  
.  
- Did you see the chest rising?

12

If "Yes":  
Continue with 30 compressions  
1, 2, 3...28, 29, 30  
Give 2 breaths!  
.  
.  
.  
.  
.  
- Did you see the chest rising?

If "No":  
Continue with 30 compressions  
1, 2, 3...28, 29, 30  
  
Now tilt the head back further  
Pinch the nose tighter  
Cover the mouth completely  
Give 2 breaths!  
.  
- Did you see the chest rising?

13

Continue with 30 chest compressions 1, 2, 3.... 28, 29, 30  
2 breaths!  
.  
.  
- Did you see the chest rising?

14

Push hard and count with me 1, 2, 3.... 28, 29, 30  
2 breaths!

15

Push with your body weight 1, 2, 3.... 28, 29, 30  
2 breaths!

16

**Very good - the ambulance is on the way! 1, 2, 3....28, 29, 30**

**You can stop now, the ambulance has arrived and the paramedics are ready to take over**

Change roles