



First Aid

Unconsciousness and CPR Guidelines 2005

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Contact establishment

- **Loud address:**



Painful stimulation



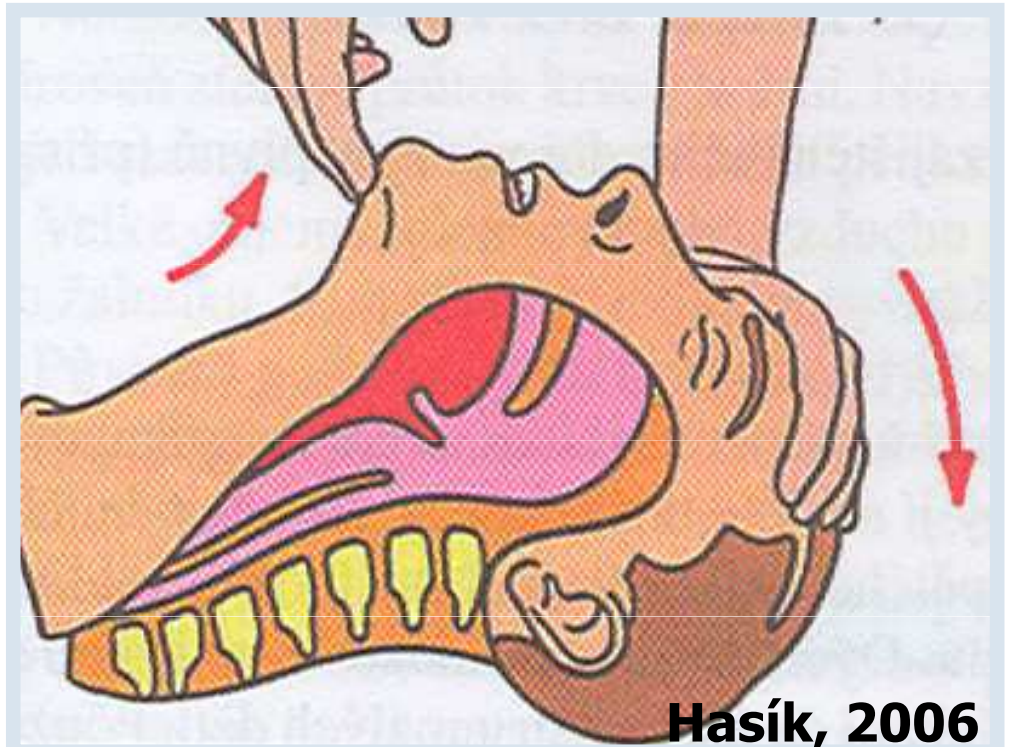
Shout for help



Open the airway



- Hold their forehead and jaw, and gently push the head backwards



Hasík, 2006

Check for breathing



- place your face close to the patient's mouth and listen and feel for breathing for a full 10 seconds
- at the same time look along the chest and the abdomen for signs of movement

Does the patient breath sufficiently?

YES

Dialling of emergency medical service

DIALLING OF EMERGENCY MEDICAL SERVICE

155



Check for breathing until EMS arrives.

You can also place the patient in The Recovery Position – see chapter

The Recovery Position

Does the patient breath sufficiently?

NO

start **CPR**
30:2

Dialling of emergency medical service

Dialling of emergency
medical service

155



Heart massage – adult

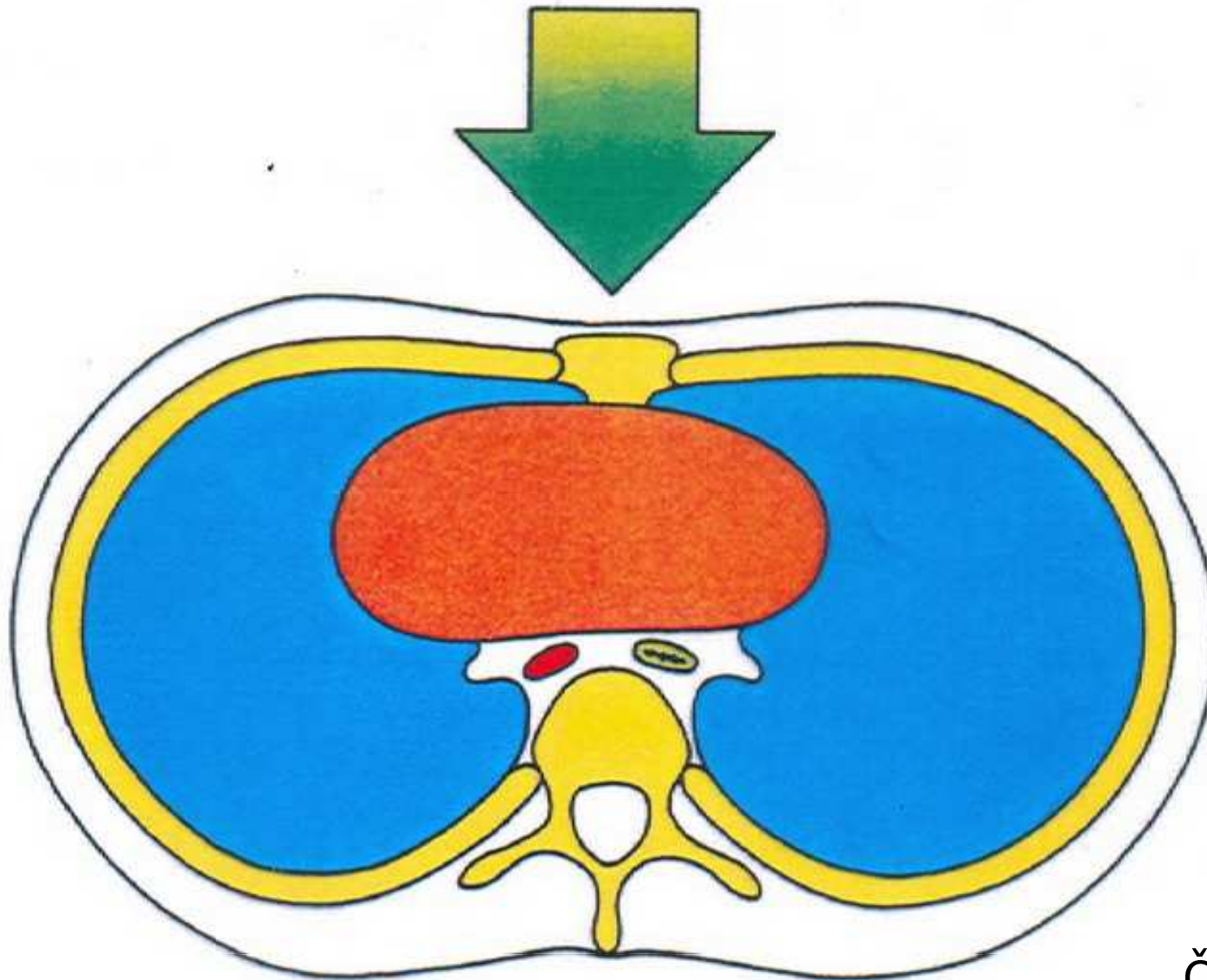


30 chest compressions

- depth of compression about 4-5 cm
- centre of the chest
- approximately 100 times per minute
- keep your arms straight
- interlock the fingers



Chest compression



ČČK, 2003

Artificial respiration



2 breaths

- head tilt
- chin lift
- pinch the nose
- open the airway
- feasible, safe and effective breath

Artificial respiration



If the rescuer can't
or don't want to do
**artificial
respiration,**

**continue without
interruptions with
chest compressions
until EMS arrives!**

Remember!

- CPR for children and near drowning states start

with 5 breaths

- and then continue with

30:2

**When the rescuer is alone – 1 minute CPR
and then dial 155**

Resuscitation with AED using

- If you have (there is) the disposal of AED, the rescuer follows the instructions of service. CPR 30:2.



Srnský, 2004

Necessity of practical training

