



# First Aid

## Unconsciousness and CPR Guidelines 2005

Foto: Mgr. Zdeňka Kubíková, Ing. Radek Turin,  
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# Contact establishment

- **Loud address:**





# Painful stimulation





# Shout for help

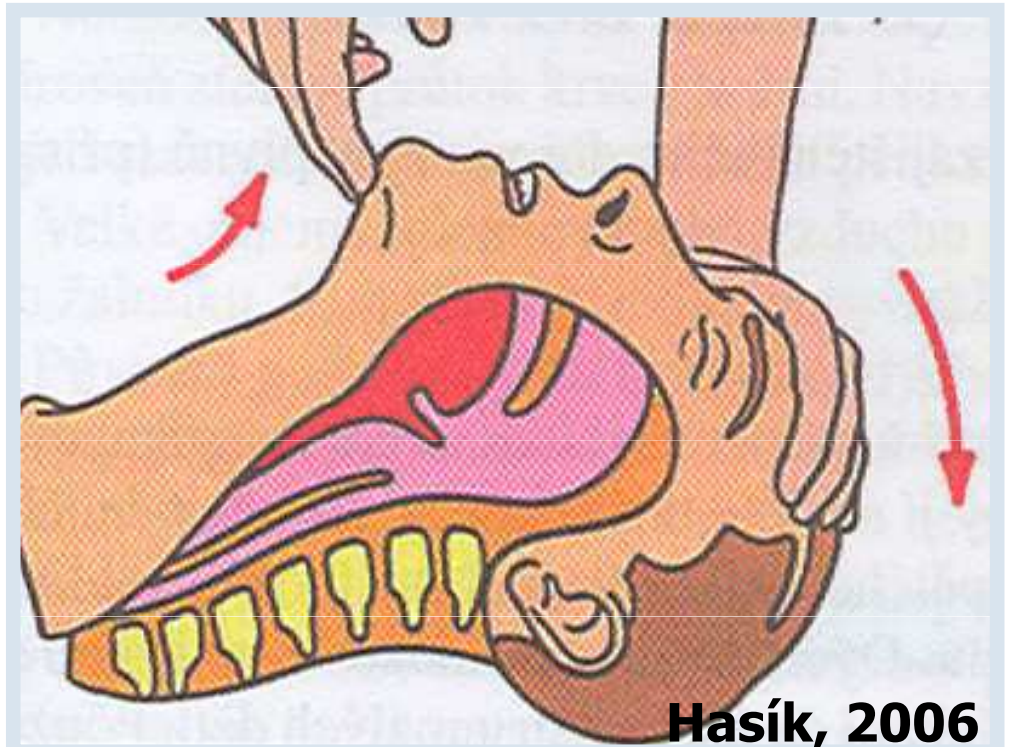




# Open the airway



- 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



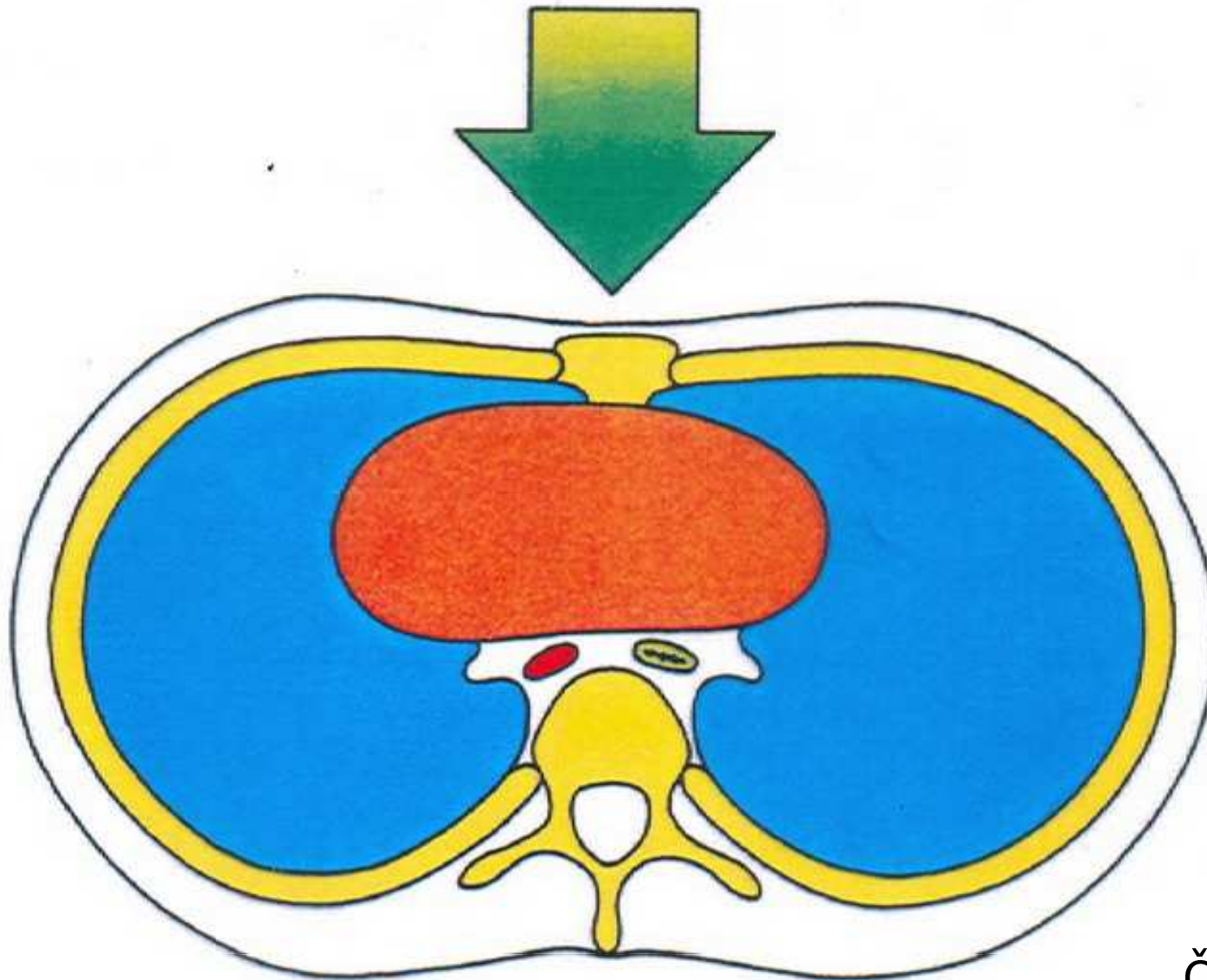
## 30 chest compressions

- 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

