

# How to perform CPR and use an AED

- ◆ Strong, fast, incessant compression of the chest (breast plate)!
- ◆ Continue CPR until the paramedics take over, or until normal breathing resumes and normal movement returns.

## 1. Check for response

Tap on shoulder and call in a loud voice.  
For infants and toddlers, tap the soles of the feet and call for a response.

No response

## 2. Call 119

Call 119 and send for an AED.

## 3. Check breathing

Within 10 seconds, observe chest and abdomen for movements.

Not breathing normally

\*If child seems to be breathing normally, continue monitoring while waiting for the ambulance to arrive.

## 4. Always perform chest compression! If possible, perform artificial respiration

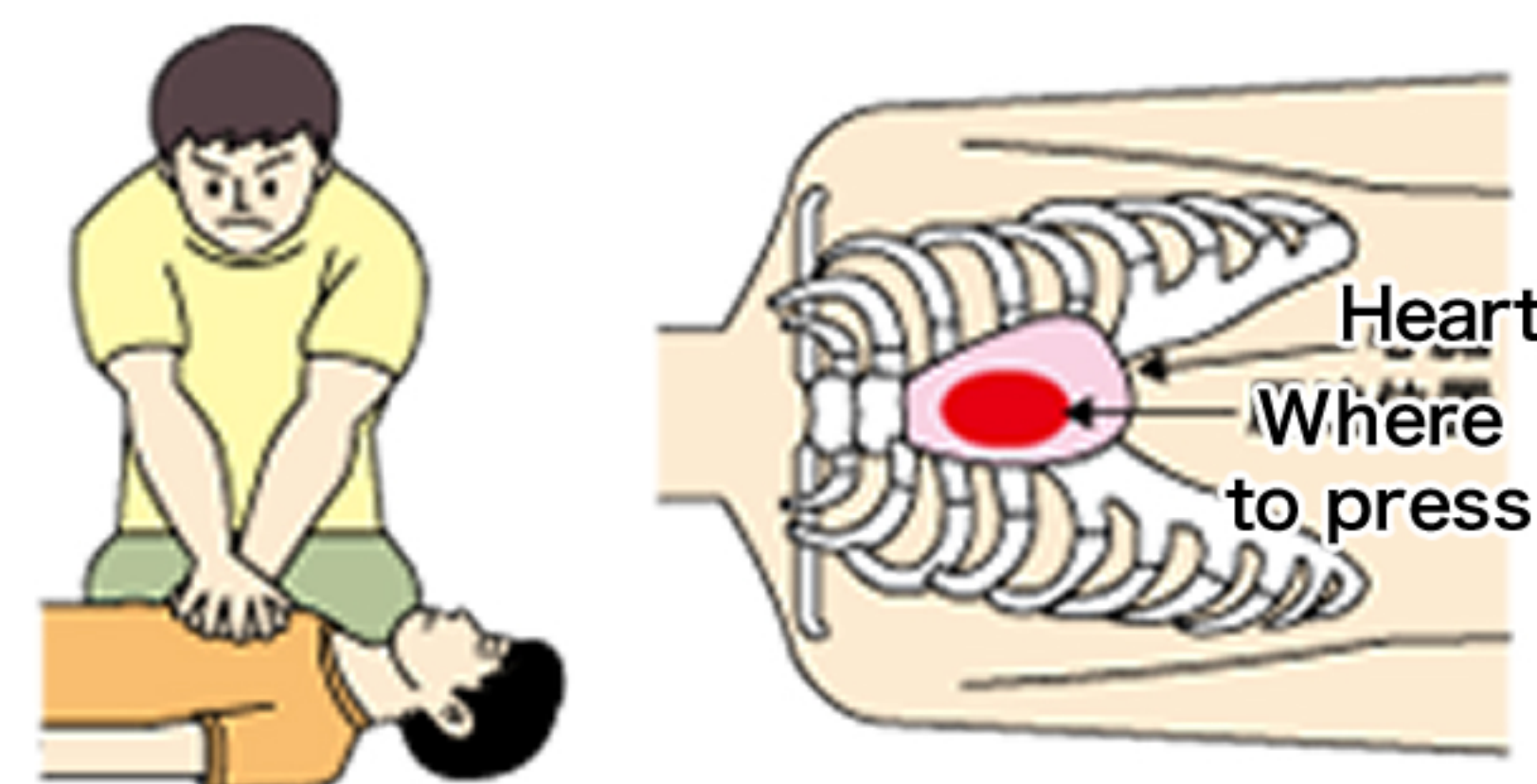
**30:2**

Immediately start chest compression.  
As soon as preparations for artificial respiration are complete, perform artificial respiration if possible.

## 5. Follow the AED's instructions

Press Power button.  
Attach pads to child and follow the AED's instructions for automatic analysis.

### [Tips for chest compression]



- ◎ Strong (press chest down 1/3 deep)
- ◎ Fast (100-120 times/min)
- ◎ Incessantly (keep interruptions to a minimum)
- ◎ Where to press: Middle of chest

### [Tips for artificial respiration]



- When blowing air in
- ◎ Take about 1 second.
  - ◎ The chest should rise a little.

### [Tips for attaching AED pads]



- ◎ If possible, continue chest compression even while attaching AED pads.
- ◎ Attach pads to dry skin. If the child is sweating etc. and the skin is wet, use a towel to wipe away moisture where pads are to be attached.
- ◎ For children up to about age 6, use pediatric pads. If pediatric pads are not available, use adult pads.

### [Tips for cardiac analysis]



- ◎ During cardiac analysis, call out to others around you to make sure no one touches the child.

### [Tips for administering electric shock]



- Once you are sure that no one is touching the child, press the blinking Shock button.