

Person unresponsive, not breathing or is breathing irregularly



144
call



Chest compressions

- Press firmly and quickly on centre of chest with both hands
- 100–120 times per minute
- 5–6 cm deep



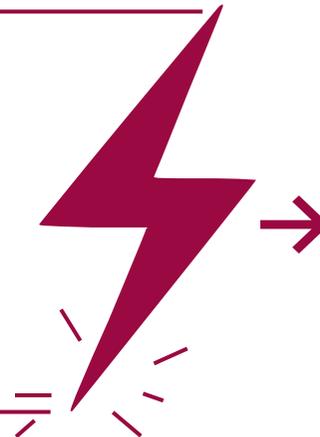
a defibrillator

Get someone to bring



Give shock

If required, repeat every 2 min.



Until emergency doctor takes over

Helsana

Committed to life.