



## Part 1 - Chest compressions

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# Discussion points

It happens at home.	Most often it is somebody you know, rarely a stranger.
Signs of cardiac arrest	The person will not wake up. Some are not breathing, while some can breathe abnormally for several minutes.
Use the speaker	It is best to have both hands free when doing CPR. See Homework.
Teamwork with 911	Bring the phone next to the patient. Explain what has happened and where the patient is. Follow the instructions from 911
When to do chest compressions only?	The first minutes of witnessed cardiac arrest.
Not so hard	Chest compressions and brisk walking have equal workload when done correctly.
When to give mouth-to-mouth?	When guided by 911. Typically for children, suffocation, drowning and long response times.

# Homework

## Activate your speaker

1. Use your mobile phone to call someone you know.
2. When connection is established, find the speaker function on the display.
3. Try the speaker function.
4. Adjust the volume to max.



## How is the normal breathing of your partner?

A person in cardiac arrest does not breathe normally. It is therefore recommended to know how your partner breaths normally, when he/she lays on the back.

- Look to see if the chest is rising in a normal way.
- Listen for normal breathing sounds

## Open airways

Practice to give open airways on someone you know.



## Information to emergency response telephone

Find the exact indication of locality

- 1) Home - 2) On the job - 3) At the cabin/summerhouse

You may eg. use the address/GPS or special driving directions.