

Scenario 1. Chest compression only - Continuous Coaching

**Fire and medical what is the nature of your emergency?
What is the address of the emergency?**

1

What is the phone number you are calling from?

2

How old is he/she?
(- Is it a child or and adult?)

3

Is he/she conscious?
(- Get next to the patient)

4

Is he/she breathing normally?
Can you describe the breath sounds?
Can you see the chest rising?
- Can you put phone next to his/her mouth so I can hear the breathing?

Ok, he/she is not breathing normally, you need to start CPR. I will help you.
An ambulance is on the way.

5

Can you put your phone in speaker mode?
- Place the phone on the floor in front of you. Can you hear me?

6

Listen carefully.
Place patient FLAT on his/her back on the floor
KNEEL by his/her side

7

Put the HEEL of your hand on the CENTER of the chest
Put your other hand on top of that hand

8

WITH YOUR ARMS STRAIGHT; PUSH DOWN HARD AND FAST WITH THE HEELS OF YOUR HANDS. Let the chest COME ALL THE WAY UP between pumps.

Count together with me
1, 2, 3, 4, 5, 6, 7, 8, 9, 10 keep going

10

Continue with questions and instructions ca. every 10 s:

Good - the ambulance is on the way

11

Push with your body weight!

12

Good job - continue what you're doing

13

Count with me... 1, 2, 3, 4, 5, 6, 7, 8...keep going

14

Let the chest come all the way up between pumps

15

Good job. Keep going!

16

Push hard!

17

**Keep your arms straight!
Good, the ambulance will arrive in 5 minutes. Keep going.**

18

Push between the nipples!

19

Count with me... 1, 2, 3, 4, 5, 6, 7, 8, 9... keep going

20

**Ok, the EMTs are ready to take over. You can stop now.
Change roles**

21