

Scenario 2. 30:2 with 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 the phone next to his/her mouth so I can hear the breathing?

Ok, he/she is not breathing normally,
We will now start CPR in series of 30 compressions and 2 ventilations.
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

9

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 29, 30
Now tilt the head back and pinch the nose - give 2 breaths

10

- Did you see the chest rising?

If "No":
Tilt the head back further
Pinch the nose tighter
Cover the mouth completely
- try again!

11

Good - Continue with 30 chest compressions !

1, 2, 3, 4 28, 29, 30

2 small breaths!

12

30 compressions - Push hard and release completely

1, 2, 3, 4..... 28, 29, 30

2 breaths - until you can see the chest moving!

13

Good - 30 compressions!

1, 2, 3, 4.... 28, 29, 30

Tilt the head back - give 2 breaths!

14

Push hard and count out loud

1, 2, 3, 4.... 28, 29, 30

2 small breaths!

15

Very good, the EMTs are ready to take over. You can stop now.
Change roles

16