

Treatment for drowning

5 back blows

5 abdominal thrusts

National Centre of Direct Help For trainings contact the NCDH of your area



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ALL CITIZENS of the world can



World Restart a heart day

Raising awareness on cardiac arrest



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SMiLe

SAVE a life

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1. CHECK

Make sure it is safe to approach:

- · Check if the victim is responsive
- Tilt the head back, lift the chin and check for breathing
- If they are not breathing or their breathing is not normal, they need Cardiopulmonary Resuscitation (CPR)

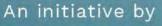
2. CALL

- Call 166 or 112 and follow their instructions
- If there is someone there who can help you, ask him to call 166 or 122
- instead of you and ask him to bring you an automated external defibrillator
- Chest compressions are the most important for survival. Do not delay or interrupt chest compressions



3. COMPRESS

- · Place hands on center of chest
- Compress chest 5 to 6 cm 100-120 times/minute at the rhythm of "Stayin' Alive"
- If trained, give 2 rescue breaths after every 30 compressions, otherwise apply chest compressions only
- · Press hard and fast. Don't worry, you're not going to cause any harm
- Once the defibrillator arrives, activate it immediately and follow instructions
- · Even if the NCDH arrives, continue until they tell you to stop
- · Congratulations! Doing something saves lives and it's ALWAYS better than doing nothing.



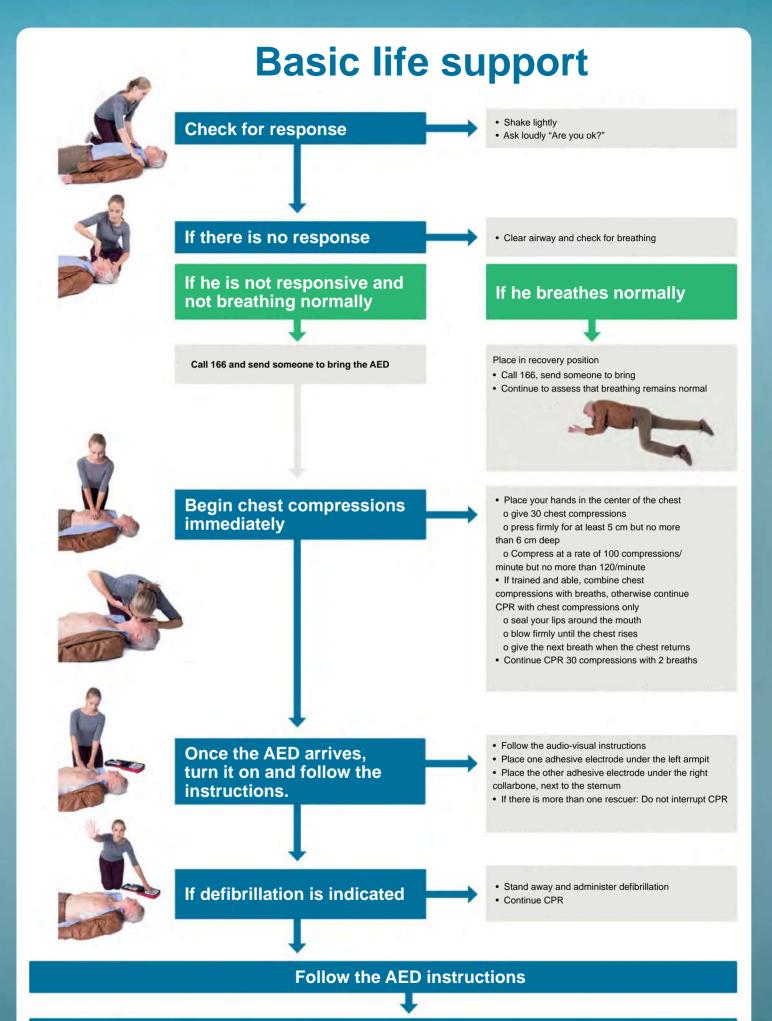


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Continue the CPR unless you are certain that the victim has recovered and has stated breathing normally