

FOR EVERY EMERGENCY HEALTH ISSUE

NATIONAL CENTRE OF DIRECT HELP (E.K.A.B.)



WHAT IS HAPPENING
WHERE IS HAPPENING
HOW MANY ARE SUFFERING
WHO ARE YOU AND THE NUMBER
YOU ARE CALLING

DON'T HANG UP THE PHONE FIRST

IF YOU KEEP YOUR COMPOSURE YOU
WILL HELP US IN ORDER TO HELP YOU

Treatment for drowning

5 back blows



5 abdominal thrusts



National Centre of Direct Help

For trainings contact the NCDH of your area



ALL CITIZENS
of the world can



SAVE a life



OCTOBER 16TH

World Restart a heart day

Raising awareness on cardiac arrest

Interreg
Greece-Bulgaria
European Regional Development Fund



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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.

Basic life support



Check for response

- Shake lightly
- Ask loudly "Are you ok?"



If there is no response

- Clear airway and check for breathing

If he is not responsive and not breathing normally

If he breathes normally

Call 166 and send someone to bring the AED

- Place in recovery position
- Call 166, send someone to bring
- Continue to assess that breathing remains normal



Begin chest compressions immediately

- Place your hands in the center of the chest
 - o give 30 chest compressions
 - o press firmly for at least 5 cm but no more than 6 cm deep
 - o Compress at a rate of 100 compressions/minute but no more than 120/minute
- If trained and able, combine chest compressions with breaths, otherwise continue CPR with chest compressions only
 - o seal your lips around the mouth
 - o blow firmly until the chest rises
 - o give the next breath when the chest returns
- Continue CPR 30 compressions with 2 breaths



Once the AED arrives, turn it on and follow the instructions.

- Follow the audio-visual instructions
- Place one adhesive electrode under the left armpit
- Place the other adhesive electrode under the right collarbone, next to the sternum
- If there is more than one rescuer: Do not interrupt CPR



If defibrillation is indicated

- Stand away and administer defibrillation
- Continue CPR



Follow the AED instructions

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

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