

FIRST AID AND SPORTS

CARDIAC ARREST



01

ALERT

- If the victim **does not react and is no longer breathing** or is not breathing normally (i.e. less than 2 chest movements for 10 seconds), alert must be made immediately.
- **Ask someone to access emergency medical services** or otherwise do it yourself with your cell phone. The emergency services will be able to give you instructions to help you.
- In the absence of a telephone or network, leave the victim to alert then return to the victim to continue the rescue actions.
- If you have speaker mode and especially if you are alone, activate it and immediately begin Cardiopulmonary Resuscitation at the same time as you alert.



02

COMPRESS

- Perform **30 chest compressions** at a rate of **100 to 120 compressions per minute**, or approximately 2 compressions per second.

Then perform **2 rescue breaths** using the mouth-to-mouth technique. Reposition your hands correctly and perform 30 more chest compressions.
- The sequence of resuscitation procedures *for children* is the same as for adults, but it is advisable to:
 - start CPR with 5 initial insufflations before continuing with chest compressions.
 - For children, use one or both hands, depending on their build. During chest compressions, compress one third of the thickness of the thorax.
- **In the event of cardiac arrest following a drowning**, it is appropriate:
 - to ensure the immediate and permanent release of the victim from the aquatic environment in complete safety.
 - Immediately perform 5 initial rescue breaths before starting CPR.

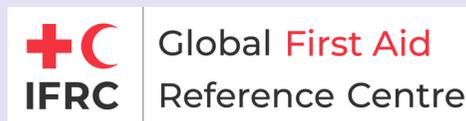


03

DEFIBRILATE

- **Get an automated external defibrillator (AED)** only if it is within sight or if a witness can bring one to you immediately. Continue cardiopulmonary resuscitation while the electrodes are placed by the witness who brought you the AED.
- Turn on the AED and **follow the device instructions**. Strip the victim's chest and place the electrodes according to the instructions on their packaging or on the electrodes themselves.
- Make sure no one touches the victim while the AED is analysing the victim's heartbeat. The same applies if an electric shock must be administered.
- **Resume chest compressions** and insufflations as soon as the shock has been delivered.
- **Continue to alternate** sets of 30 compressions and 2 rescue breaths and follow the AED instructions until emergency medical services arrive.

**READY,
SET,
RESPOND**



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