

First aid

Code	Ref.	Language	Dimensions
730100	PA-42P	Spanish	297 x 420 mm
730101	PA-42P	English	297 x 420 mm
730102	PA-42P	French	297 x 420 mm
730110	PA-29P	Spanish	210 x 297 mm
730111	PA-29P	English	210 x 297 mm
730112	PA-29P	French	210 x 297 mm

UNE-EN ISO 7010

1 CHECK RESPONSIVENESS
If someone appears to be unconscious and not breathing, ensure they are not conscious. Check to see if the person can hear you and is breathing.

2 CALL THE EMERGENCY SERVICES
Call for help and notify the emergency services.

3 START CARDIOPULMONARY RESUSCITATION (CPR)
Gently lift **THE PERSON'S CHIN** to open their airway.
1. Remove anything that could be blocking the airway.
2. Tilt the person's head back as far as possible.
3. Hold the person's jaw with your thumb at the side of their mouth and pull forward.
4. Hold this position to keep the airway open.
5. Watch carefully for up to 10 seconds to see if the person is breathing normally.

3.1 IF THE PERSON IS BREATHING
Place the person in the recovery position and call for specialist help. Keep checking the person regularly until help arrives.

3.2 IF THE PERSON IS NOT BREATHING, CONTINUE CHEST COMPRESSIONS
Perform **SETS OF 30 CHEST COMPRESSIONS**, pushing firmly and forcefully on the sternum, compressing it to a depth of **4 to 5 centimetres**. **LIFT THE PERSON'S CHIN** again to open the airway and give **2 BREATHS** using the **MOUTH-TO-MOUTH** technique (see point 4).

4 MOUTH-TO-MOUTH RESUSCITATION
Hold the person's nose so that the nasal airways are closed. Take a breath and exhale completely into the person's mouth. Perform this process **2 times**. Continue giving **SETS OF 30 COMPRESSIONS AND 2 BREATHS**. Do not interrupt compressions for more than 10 seconds to give breaths.

5 CONTINUE RESUSCITATION
Continue until specialised help arrives or the person begins to regain consciousness and breathe normally.

FIRST AID BASIC CPR

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