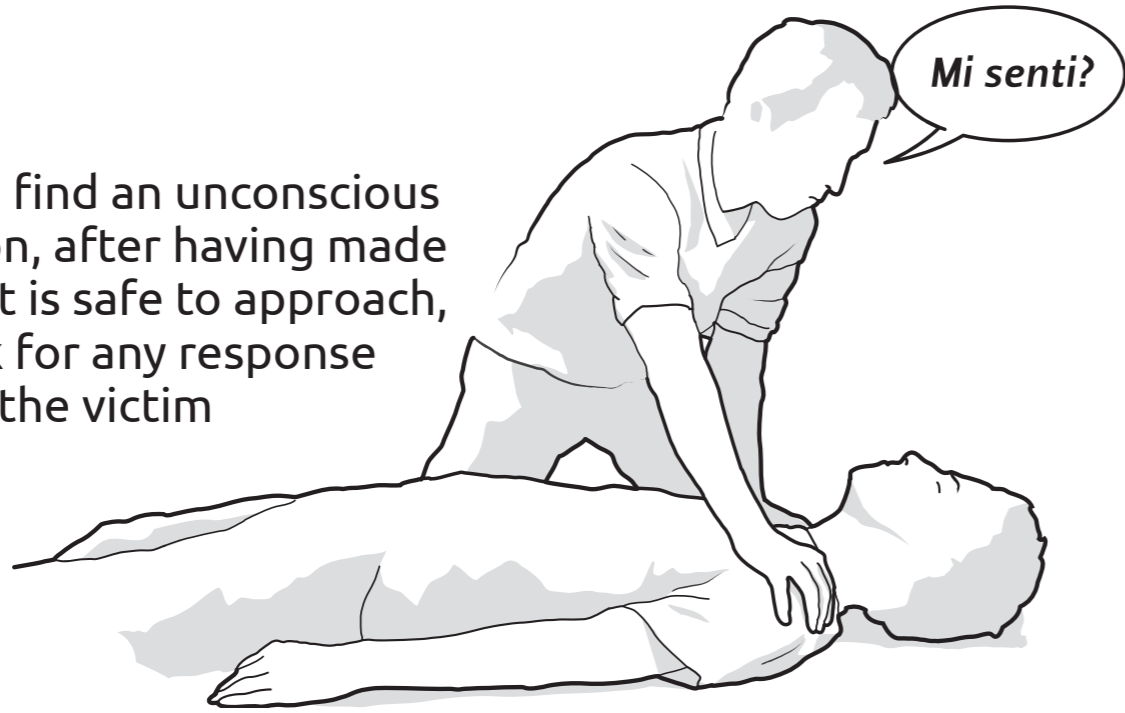


Life in your hands

Know how to face a cardiac arrest

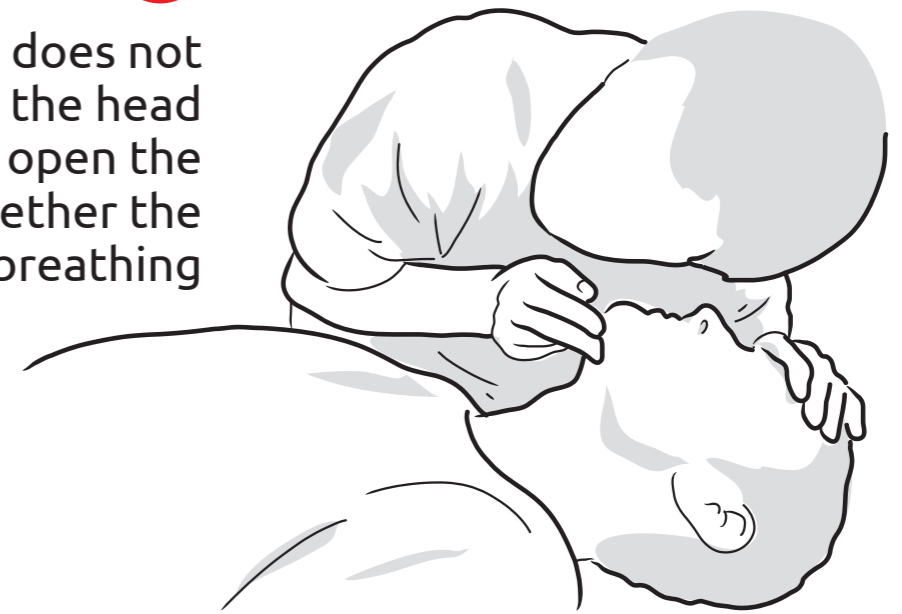
1

If you find an unconscious person, after having made sure it is safe to approach, check for any response from the victim



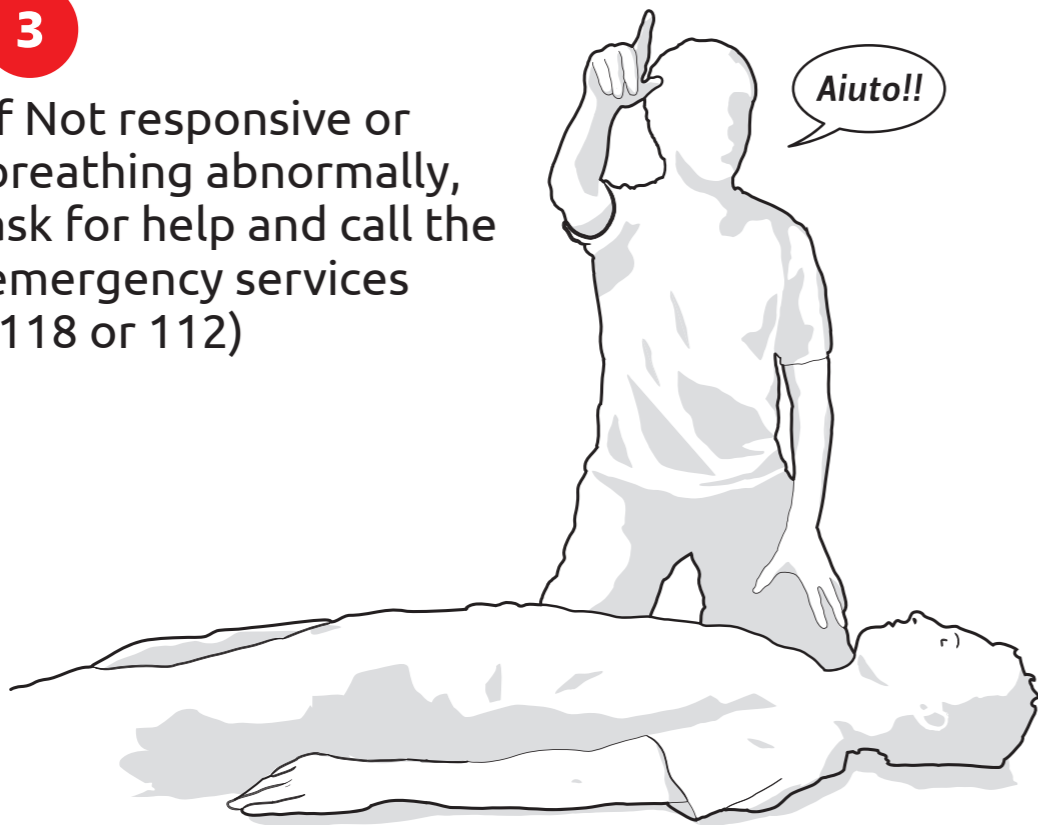
2

If the person does not respond, gently tilt the head back, lift the chin to open the airway, and check whether the victim is breathing



3

If Not responsive or breathing abnormally, ask for help and call the emergency services (118 or 112)



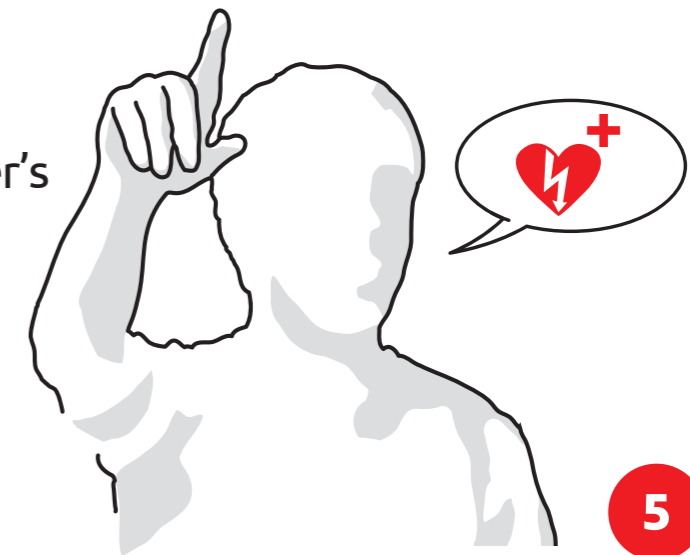
4

Follow the dispatcher's instructions. Activate, if possible, the speakerphone or the earphones in to have your hands free



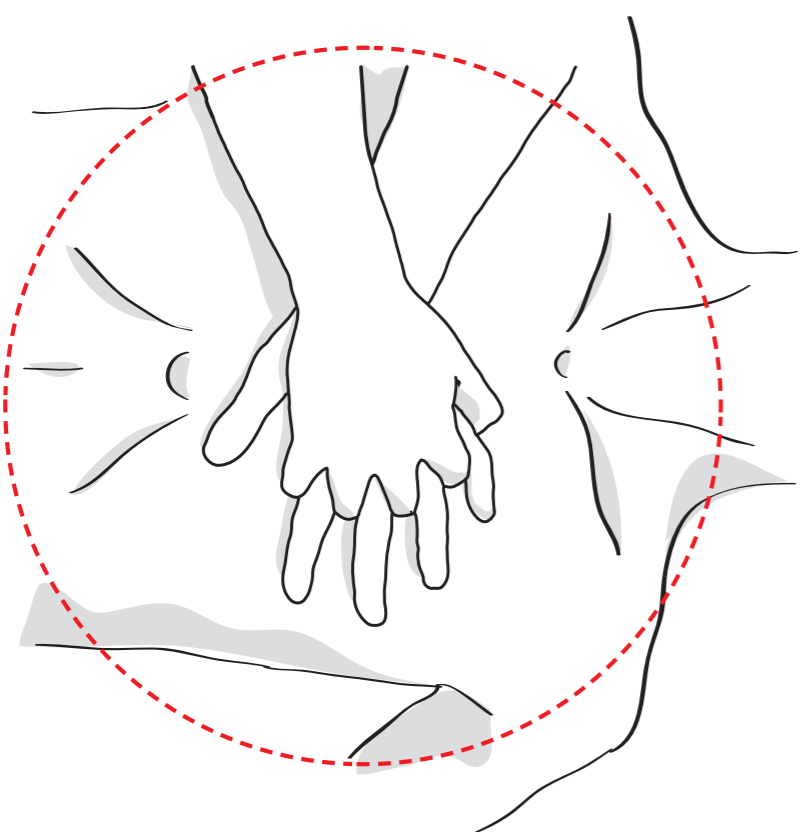
5

Send someone to find and bring an AED



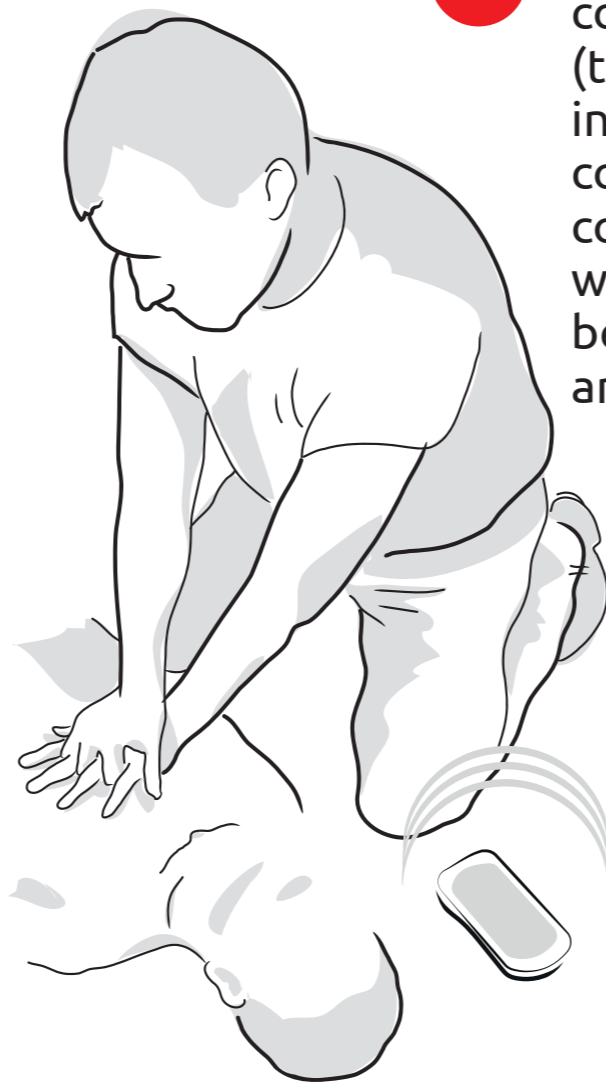
6

Place your hands at the center of the victim's chest



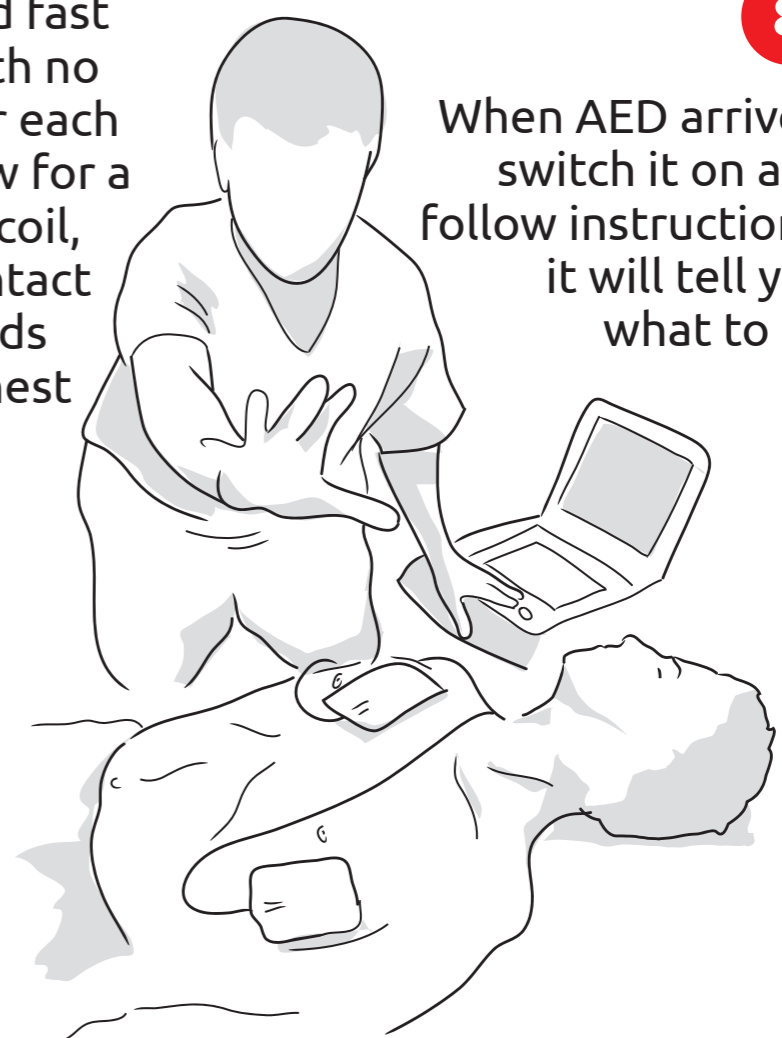
7

Keep your arms straight, compress hard and fast (twice/second) with no interruption. After each compression, allow for a complete chest recoil, without losing contact between your hands and the victim's chest



8

When AED arrives, switch it on and follow instructions: it will tell you what to do



viva!

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