



1. CHECK CONSCIOUSNESS

- Carefully shake the shoulders and ask: 'Are you all right?'
- No response? The victim may be unconscious. Stay with the victim and call for help.



2. RING 112 (or have someone else ring) IMMEDIATELY

- **Multiple people present?** Have one person ring 112 and have another get an AED immediately.
- **Instructions for ringing 112:** Request an ambulance and say that it involves a resuscitation. Put the telephone on speaker. The control room employee can help you while you resuscitate.



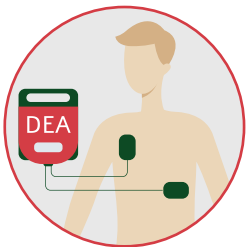
3. CHECK THE BREATHING

- Check the victim's breathing.
- Breathing is abnormal and you're alone? Get an AED if this is immediately available.



4. BEGIN RESUSCITATION

- Put your hands in the center of the chest. Press down on the breastbone to a depth of 5 - 6 cm. Do this 30 times at a rate of a minimum of 100 and maximum of 120 times a minute.
- Some AEDs have active CPR feedback, follow this to optimize the quality of CPR.
- Perform mouth-to-mouth resuscitation 2 times.
- If there is a second rescuer, change over every 2 minutes. Interrupt the resuscitation for the shortest possible time.



5. USE THE AED

- Turn on the AED by opening the lid or pressing the appropriate button.
- Follow the (spoken) instructions.
- Attach the electrodes to the bare chest.
- Follow the instructions from the AED until the ambulance arrives and the paramedics say you may stop.



6. SERVICE

- We're on site within 6 hours. For you and the AED
- Making the AED ready for use again: Electrodes are replaced and, if necessary, the battery.
- We read out the ECG data (the heart film is read so that it can be forwarded to the hospital).
- Using an AED can be a profound experience. AED-Partner offers aftercare if desired.