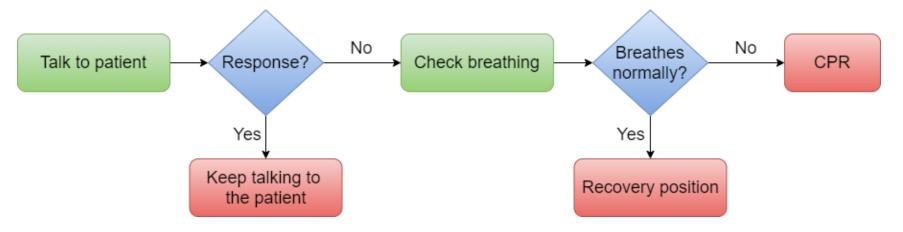
First Response at a glance

1. Stop-Think-Act first

| Stop! Get an overview of the situation | Think! Identify risks & possible mitigations | Act! Call 144 & act according to your training |
|--|--|--|
| Get all overview of the situation | identity risks & possible mitigations | Can 144 & act according to your training |

2. Work with your patient



3. Perform CPR

- 1. Remove any clothing etc. from the chest
- 2. Put both hands on the middle of the chest in between the nipples
- 3. Compress 5-6cm deep, 100x per minute with as few interruptions as possible

