

Resuscitation on board ships

First Aider

Check consciousness:

- Speak, shake

If unconscious:

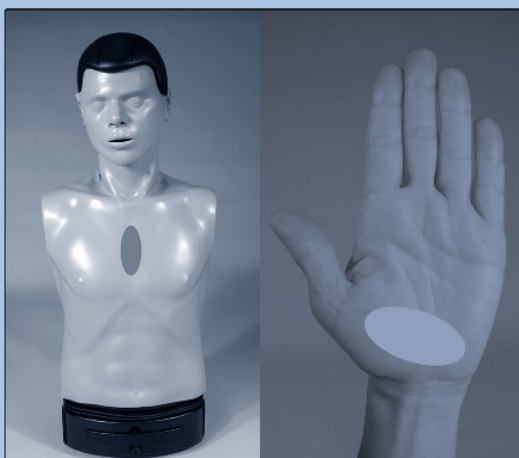
- Call for help and mobile resuscitation equipment
- Secure free airways
- Bend the head back and lift up the chin
- Observe, feel and listen for breathing for no more than 10 seconds

Unconscious and no breathing/gasping breathing:

- Place both hands on the centre of the chest
- Begin CPR:
30 compressions and 2 ventilations
Depth of pressure: at least 5 cm - no more than 6 cm.
Pressure frequency: at least 100 compressions per minute - no more than 120 compressions per minute.
The 2 ventilations must take no longer than 5 seconds.
If possible, replace the person who performs CPR every 2 minutes
- If an AED is available, perform CPR until electrodes are placed. Hereafter, follow AED's instructions

Vital signs without normal breathing:

- Continue CPR



Paramedic

Check consciousness:

- Speak, shake

If unconscious:

- Call for help and mobile resuscitation equipment
- Secure free airways
- Bend the head back and lift up the chin
- Observe, feel and listen for breathing for no more than 10 seconds

Unconscious and no breathing/gasping breathing:

- Place both hands on the centre of the chest
- Begin CPR:
30 compressions and 2 ventilations through ventilation bag with added oxygen, 15 litres per minute
Depth of pressure: at least 5 cm - no more than 6 cm.
Pressure frequency: at least 100 compressions per minute - no more than 120 compressions per minute
The 2 ventilations must take no longer than 5 seconds
If possible, replace the person who performs CPR every 2 minutes
- If an AED is available, perform CPR until electrodes are placed. Hereafter, follow AED's instructions
- Contact Radio Medical when possible



Vital signs without normal breathing:

- Continue CPR

If you have to leave the person unattended, place him/her in recovery position