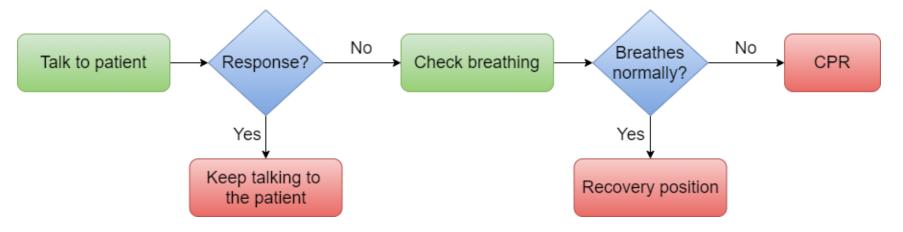
First Response at a glance

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

