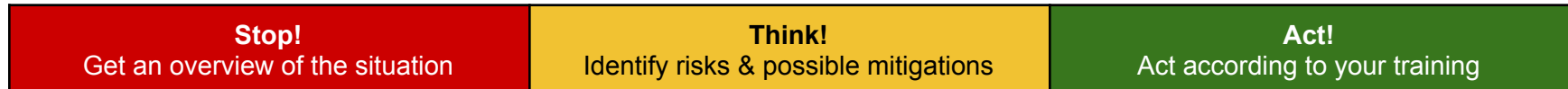
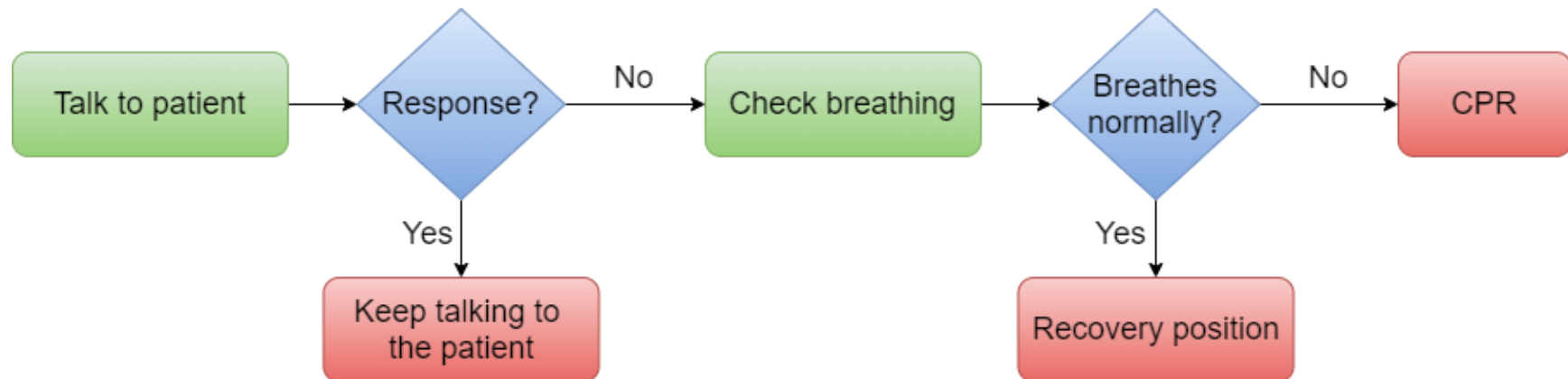


# First Response at a glance

## 1. Stop-Think-Act first



## 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

