

**KIDS save  
LIVES**  
100 PRO♥  
resuscitation



[www.kids-save-lives.eu](http://www.kids-save-lives.eu)



The European Patient Safety Foundation  
(EUPSF)  
The European Resuscitation Council (ERC)  
The International Liaison Committee  
on Resuscitation (ILCOR)  
The World Federation of Societies  
of Anaesthesiologists (WFSA)



Endorsed by:



**World Health  
Organization**



Initiated by:



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**TRAINING SCHOOL CHILDREN IN  
CARDIOPULMONARY RESUSCITATION  
WORLDWIDE.**

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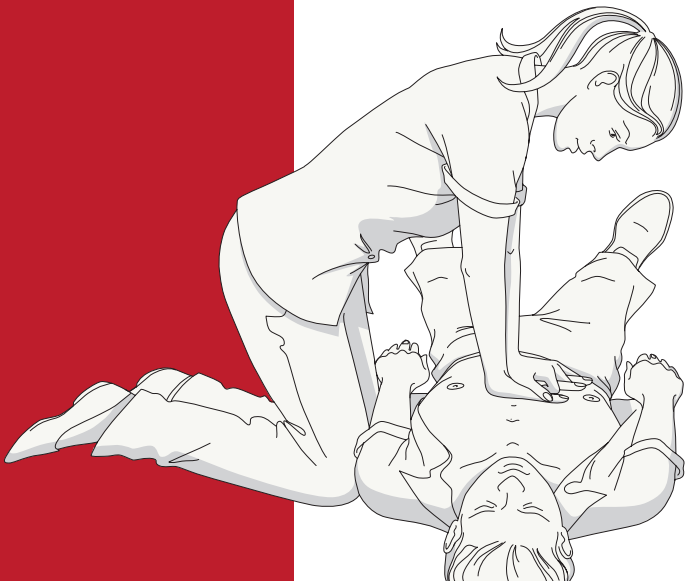
# 100 compressions per minute saves lives

## UP TO THREE TIMES HIGHER CHANCES OF SURVIVAL

Sudden cardiac arrest can affect anybody at any time. The person affected immediately loses consciousness and stops breathing normally or stops breathing altogether.

Survival is unlikely unless cardiac massage begins within 5 minutes of cardiac arrest. The earlier you start, the better. And vice versa: immediate cardiac massage doubles or trebles the chances of survival.

**Resuscitation is easy.  
Everybody, even kids can do it.  
Save a life with 100-per resuscitation!**



If somebody collapses and loses consciousness, three things are important:

### 1. CHECK

- ♥ Speak to the person: "Can you hear me?"
- ♥ Shake their shoulders: is there any reaction?
- ♥ Check their breathing: are they breathing / are they breathing normally?

### 2. CALL

- ♥ Dial **112** (Europe) / **911** (USA). Or get someone else to make an emergency call.

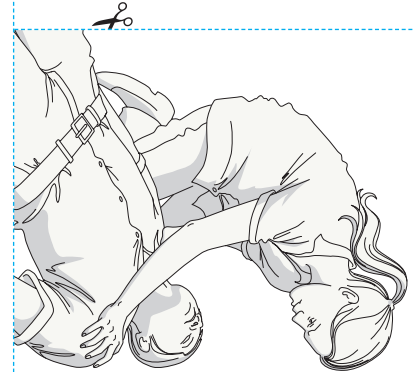
### 3. COMPRESS

Push down firmly and quickly. Start cardiac massage immediately:

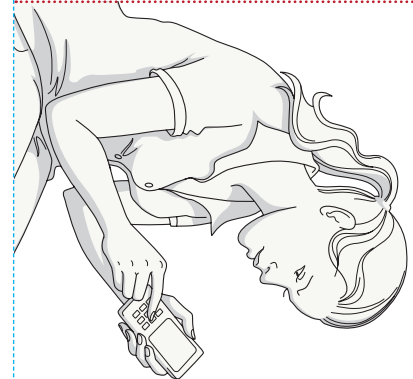
- ♥ Remove clothing to access the chest.
- ♥ Place the heel of one hand on the middle of the chest and the heel of the other on top of it.
- ♥ Interlock your fingers. Hold your arms straight and position your shoulders vertically above the pressure point – this will help you to apply plenty of force.
- ♥ Push the breastbone **5 – 6 cm** downwards.
- ♥ Push **100 – 120 times per minute**.
- ♥ Do not stop until help arrives.
- ♥ Trained first-aiders should carry out **mouth-to-mouth** resuscitation at a ratio of 30 cardiac compressions to two respirations.

## POCKET EMERGENCY GUIDE

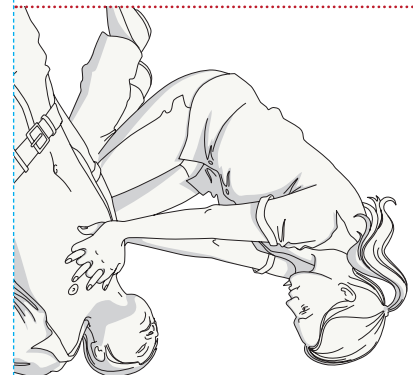
Simply cut out, fold twice and keep for emergencies.



**1. CHECK**  
Does the patient react?  
Are they breathing / are they breathing normally?



**2. CALL**  
Dial **112** (Europe) / **911** (USA). Or get someone else to make an emergency call.



**3. COMPRESS**  
Push down firmly and quickly on the middle of the chest: **at least 100 times per minute**. Do not stop until help arrives.