

# TO HAVE AT HAND FOR EMERGENCIES

Memory aid instructions

1. Print
2. Cut out  
Along the blue line



3. Fold three times  
Along the dotted lines

4. Keep with you for an emergency



2. Folding



3. Folding

♥

## CARDIAC ARREST.

It can happen to anyone.

Immediate cardiac chest compressions double the chance of survival by up to three times.

Reanimation ist einfach.  
Resuscitation is simple.  
Everyone can do it. 100%!

[www.einlebenretten.de](http://www.einlebenretten.de)

♥  
An initiative of:  
Berufsverband Deutscher Anästhesisten e. V.  
Deutsche Gesellschaft für Anästhesiologie und Intensivmedizin e. V.

In cooperation with:  
German Resuscitation Council e. V.  
Stiftung Deutsche Anästhesiologie

# ein Leben retten

100% reanimation

1. Folding

1. Folding

**3. PUSH**  
Push down firmly and quickly in the middle of the chest. At least 100 x per minute. Do not stop until help arrives.

**2. CALL**  
Call 112.  
Or tell somebody else to call this number.

**1. CHECK**  
No response? No or abnormal breathing?

2. Folding

3. Folding