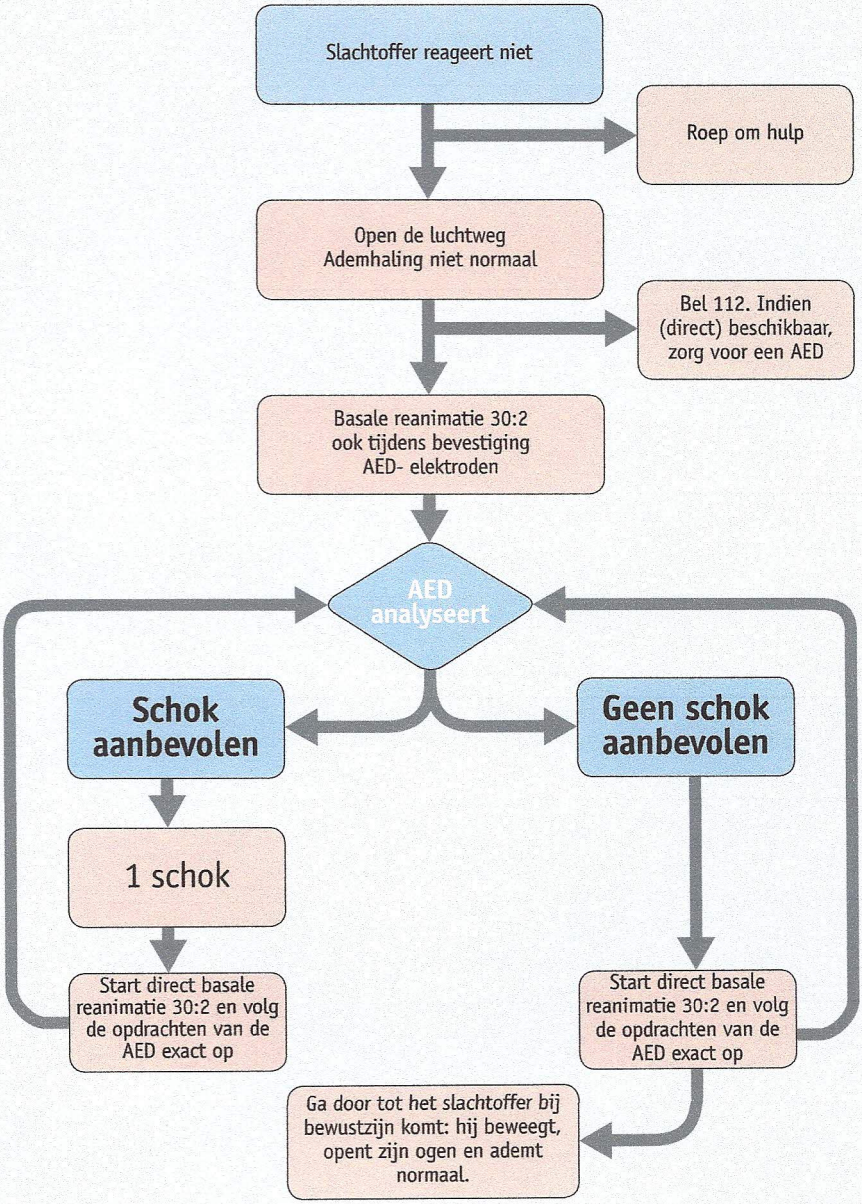Volgorde van handelen bij de basale reanimatie van volwassenen