

LEARN CPR

you can do it!

STANDARD CPR FOR ADULTS

If you believe someone is having a cardiac arrest do not panic. Follow the six simple steps of **CPR** below and help save a life. Remember, these steps are to be used as a guide and a reminder. Please try to attend a [CPR training course](#).

Call 911.

Check the victim for **unresponsiveness**. If there is no response, call 911 and then return to the person.



Tilt head, lift chin: check breathing.

Position the person flat on their back. Kneel by their side and place one hand on the forehead and the other under the chin.

Tilt the head back and lift the chin until teeth almost touch. Look and listen for **breathing**.

Give two breaths.

If not breathing normally, pinch the nose and cover the mouth with yours. Give two full breaths. The person's chest will rise if you are giving enough air.



Check pulse.

Put the fingertips of your hand on the Adam's apple, slide them into the groove next to the windpipe. **Feel for a pulse**. If you can not feel a pulse or are unsure, move on to the next step.

Position hands.

Position your hands in the center of the chest between nipples. Place one hand on top of the other.



Pump 15 times.

Push down firmly two inches. **Push on chest** 15 times.

Continue with two breaths and 15 pumps until help arrives

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CPR FOR CHILDREN

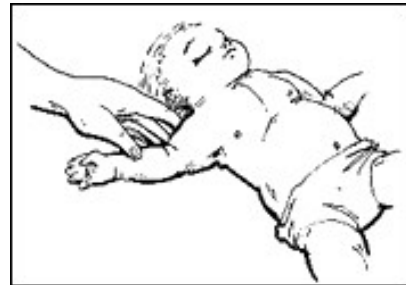
CPR for children is similar to performing standard CPR for adults. There are, however, 5 differences.

- 1) If you are alone with the child give one minute of CPR before calling 911
- 2) Use the heel of one hand for chest compressions
- 3) Press the sternum down 1 to 1.5 inches
- 4) Give chest compressions at the rate of 100 per minute
- 5) Give 1 full breath followed by 5 chest compressions

CPR FOR INFANTS

Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response, position the infant on his or her back



Open The Airway

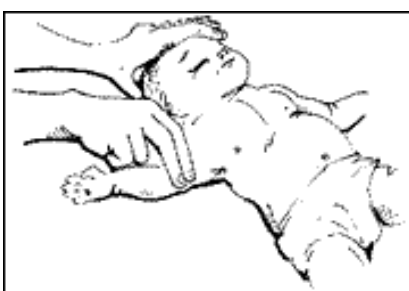
Open the airway using a head tilt lifting of chin. Do not tilt the head too far back.

Give 2 Breaths

If the baby is NOT breathing give 2 small gentle breaths. Cover the baby's mouth and nose with your mouth. Each breath should be 1.5 seconds long. You should see the baby's chest rise with each breath.



to 2

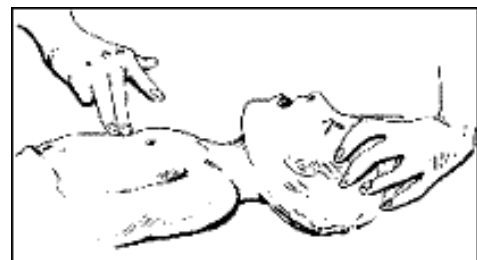


Determine Pulselessness

Try to feel for a pulse in the inside of upper arm.

Give 5 Compressions

Give five gentle chest compressions at the rate of 100 minute. Position your 3rd and 4th fingers in the center the chest half an inch below the nipples. Press down 1/2 to 1 inches.



per
of
only



Repeat

Repeat with 1 breath and 5 compressions. After one minute of repeated cycles call 911. If you feel a pulse return, give one breath every 3 seconds and discontinue chest compressions.