

CPR IN THREE SIMPLE STEPS

1. CALL

Check the victim for unresponsiveness. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions



2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise.

Give 2 breaths.

Each breath should take 2 seconds



3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches **30 times right between the nipples.** Pump at the rate of 100/minute, faster than once per second.



CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR.

CPR for Children (Ages 1-8)

CPR for children is similar to performing Quick CPR for adults. There are, however, 4 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 2 full breath followed by 30 chest compressions