

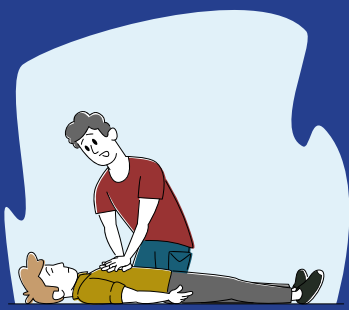
# LIFE-SAVING CPR A BASIC HOW-TO

PRESENTED TO YOU BY CPR EDUCATION



## BEFORE YOU BEGIN

If another person is present with you, one of you should call 911 or your local emergency number (and retrieve an AED if available) and the other should start CPR. If you're on your own and have access to a phone, call 911 immediately. Retrieve an AED if available and then begin CPR.



## COMPRESSIONS

Put one hand over the other and push straight down on the center of the person's chest. Keep elbows straight. Push between 5 and 6 centimeters (2–2.4 inches) at a rate of 100–120 compressions per minute. The American Heart Association recommends your compression rate to match the beat of *Stayin' Alive* by the Bee Gees.

# C



## AIRWAY

If you've been trained in CPR and are comfortable with rescue breathes, once you've performed 30 chest compressions, it's time to open the airway. Put the palm of your hand on the person's forehead and tilt the head backward. Using your other hand, lift the chin gently to open their airway.

# A



## BREATHING

Once you've opened the airway, pinch the person's nostrils closed and cover their mouth with yours to create a seal. Breathe once, checking to see if the chest rises. If it does, give a second breath before resuming chest compressions at a rate of 30 compressions to 2 breaths. If the chest doesn't rise, tilt the head further and administer the second breath.

# B

## PERFORM CPR UNTIL HELP ARRIVES

30 chest compressions and 2 breaths is considered one cycle. You should continue to perform CPR until help arrives. If an AED is available, you should apply it and follow the prompts as directed. A 911 operator may help give you directions if you are untrained with an AED.