

LEARN CPR

You Can Do It!



CPR IN THREE SIMPLE STEPS

1. CALL

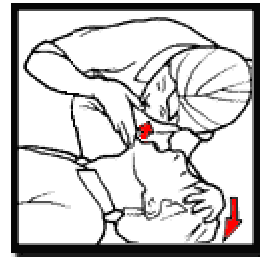
Check the victim for **unresponsiveness**. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



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 1 second



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.

Repeat: 2 Breaths – 30 Chest Compressions

