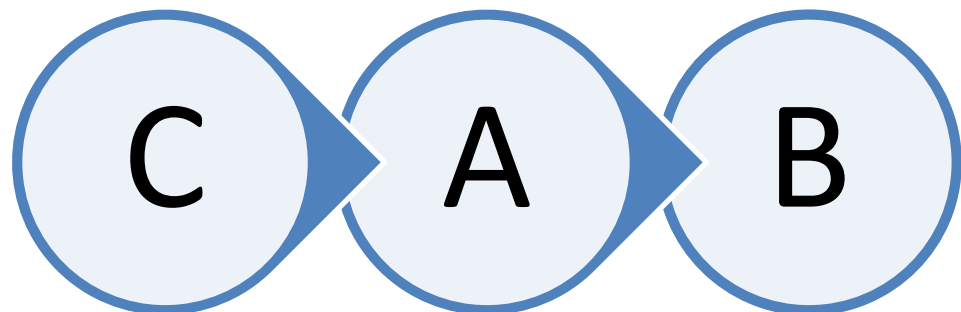




We All Have Two Life Saving Devices



Compressions

Airway

Breathing

Push hard and fast **Tilt the victim's head** **Give mouth-to-mouth**
On the center of **Back and lift the chin** **Rescue breaths**
The victim's chest **To open the airway**

Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal.

2020 Community CPR Guidelines

Adult Puberty & up	*Child 1 - Puberty	*Infant 0-1
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Assess Scene: If not safe or becomes unsafe at any time get out!

Assess Patient: Check for response, tap shoulders & shout

Alert Adult: As soon as patient is found

Alert Child or Infant: *Give 5 cycles of CPR for 2 minutes

Attend to the CAB's Method:

Compressions: 30 Compressions 2 Breaths for ALL

Two Hands *One or Two Hands *Two Finger

Push hard, fast and let the chest completely recoil, minimize interruption. At least 100 - 120 per minute

2 Inches *2 Inches *1 ½ Inches

Airway: Open the airway head tilt chin lift

Breathing: 2 breaths; give each breath in 1 second, making the chest visibly rise.