

IT'S A FACT

# CPR saves lives!

EACH YEAR IN THE U.S., MORE THAN

# 395,000 PEOPLE

## SUFFER SUDDEN CARDIAC ARREST

Fewer than 6% of sudden cardiac arrest victims survive\*

### WHAT HAPPENS WHEN YOU STOP BREATHING? WITHOUT OXYGEN



**4** Permanent brain damage sets in  
**MINUTES:**

**8-10** Brain death can occur  
**MINUTES:**

When CPR is provided immediately after sudden cardiac arrest, a victim's chance of survival can

# DOUBLE or TRIPLE

### Before you start

#### 1. Check for responsiveness

- Tap the shoulder and shout, "Are you OK?"



#### 2. If victim isn't breathing or only gasps occasionally, contact emergency services

- If others are nearby, have someone call 911
- If you are alone, call 911, provide details and begin CPR
- Lay the victim on their back and kneel next to their head and shoulders



### CPR for adults and children 9 and older

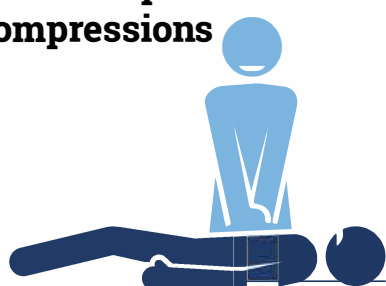
If not breathing or only gasping:

#### Position



Keep your elbows straight and position your hands one on top of the other in the center of the chest

#### Give 30 rapid chest compressions



To a depth of at least 2 inches, at a rate of at least 100 per minute. Let the chest rise completely after each compression

#### Tilt the head and lift the chin



#### Give 2 rescue breaths

Each lasting 1 second



#### Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

### CPR for young children and infants

If not breathing or only gasping:

#### Position

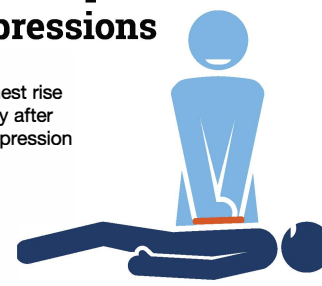


**INFANTS TO AGE 1** Position first two fingers of one hand just below the nipple line

**YOUNG CHILDREN** Position one or two hands in the center of the chest

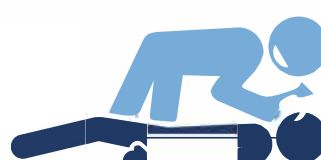
#### Give 30 rapid chest compressions

Let the chest rise completely after each compression



**INFANTS TO AGE 1 & YOUNG CHILDREN** Press down 1/3 of the chest's depth, at a rate of at least 100 per minute

#### Tilt the head and lift the chin



#### Give 2 rescue breaths



**INFANTS TO AGE 1** Make a complete seal over the mouth and nose, then give 2 rescue breaths

**YOUNG CHILDREN** Pinch the nose shut and make a complete seal over the mouth, then give 2 rescue breaths

#### Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

### Compression-only CPR

#### If the rescuer is unable or unwilling to provide rescue breaths,

compression-only CPR can be performed at the rate of at least 100 compressions per minute



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