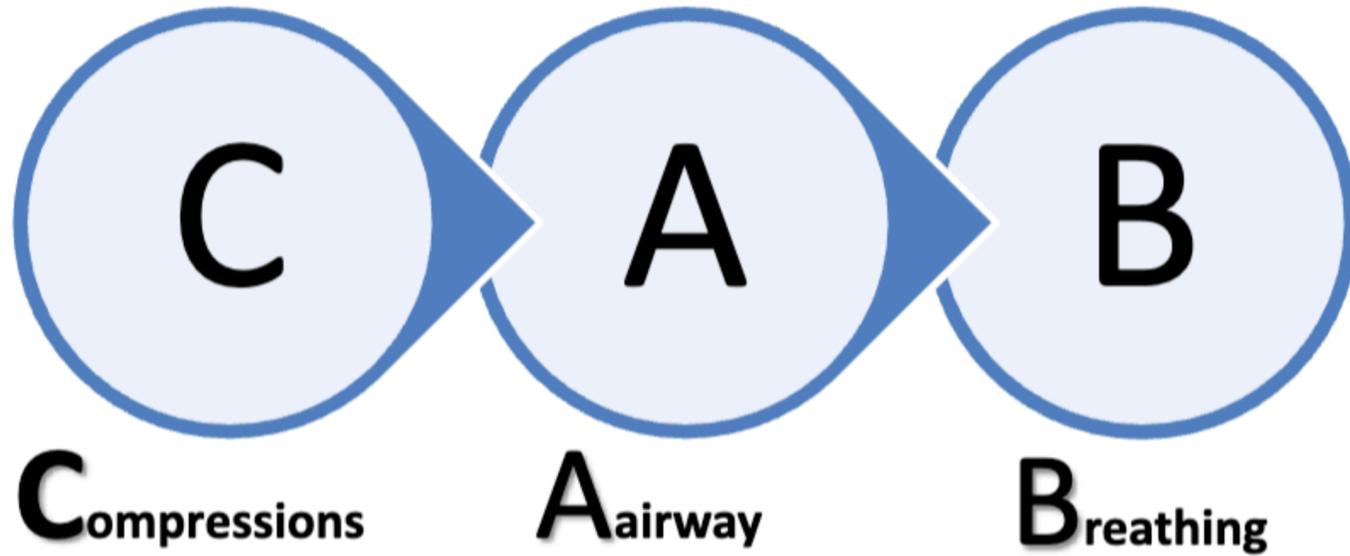




We All Have Two Life Saving Devices



Push hard and fast
On the center of
The victim's chest

30 compressions

Tilt the victim's head
Back and lift the chin
To open the airway

Give mouth-to-mouth
Rescue breaths

2 breaths

Early chest compressions circulate oxygen in the blood. Starting with compressions improves survival.

Core CPR Solutions
 214.295.6263 | info@corecprsolutions.com

BASIC CPR – ADULT, CHILD & INFANT

Based on national resuscitation guidelines (2025–2026)

1. CHECK THE SCENE: Check the scene is safe. If it becomes unsafe at any time, get out

2. CHECK THE PERSON

- Tap shoulders, shout: “Are you okay?”
- Check for normal breathing (no longer than 10 seconds)
- Gaspings is not normal breathing

3. CALL FOR HELP: Call or have someone call 911 and get an AED.

4. START CPR — CAB: 30 compressions, 2 breaths

C — Compressions

- Push center of chest, allow full chest recoil, 100–120 per minute (30 x’s)
 - Adult: 2 inches, 2 hands
 - Child: 2 inches, 1 or 2 hands
 - Infant: 1½ inches, Heel of 1 hand or 2 encircling thumbs

A — Airway

- Open the airway using head-tilt, chin-lift

B — Breathing

- Give 2 rescue breaths, each over 1 second, watch for chest rise. Use mask or barrier when available

*Hands-Only CPR: If unwilling/unable to give breaths, do compressions

5. AED

- Turn on, follow voice prompts, Attach pads as shown
- Clear victim before shock
- Resume CPR immediately after shock or if no shock

*****AGE GROUP GUIDE**

- Adult: Puberty and older, Child: 1 year to puberty, Infant: Birth to 1 year

*****IMPORTANT NOTES**

- Continue CPR until AED arrives, help takes over, the person shows signs of life, or the scene becomes unsafe