

CPR

– ADULT AND CHILD – CARDIOPULMONARY RESUSCITATION

For Training Contact:

888-407-8770

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Training
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ASSESS

- Scene Safety
- Responsiveness
- Breathing (10 Seconds)
- Call 911
- If Unresponsive AND Not Breathing
– Begin CPR



PERFORM

- Head Tilt/Chin Lift
- Provide 2 Breaths
- Place Base of Palm in the Middle of the Sternum
- 30 Chest Compressions (2 Inches Deep, Rate of 100 Compressions Per Minute)



CONTINUE

- Repeat 2 Breaths, 30 Chest Compressions (1 Cycle)
- Provide 5 Cycles
- Reassess Breathing
- Continue CPR (If Not Breathing)