**CPR For Laypersons**

**CALL 911**

**STEP 1**
Survey the Scene
Make sure the scene is safe for you and the victim.

**STEP 2**
Check for Unresponsiveness
Tap the victim on the shoulder and shout, "ARE YOU OKAY?"
Infants: Pinch or tickle.
DO NOT hit or shake an infant.
CALL 911 and get an AED.

**STEP 3**
Check for breathing for 5-10 seconds. If the victim is not breathing or breathing abnormally, Begin CPR.

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**Compressions**
Remove any clothes that are in the way of performing CPR or use of an AED.

**Adult 8 and older**
- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.
- Compress straight down at least 2 inches 30 times at least 100 times per minute.
- Allow the chest to fully recoil between every compression.

**Child age 1-8**
- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.
- Compress straight down 1/3 the depth of the chest (about 2 inches) 30 times at least 100 times per minute.
- Allow the chest to fully recoil between every compression.

**Infant 1yr and younger**
- Place two fingers on the breastbone slightly below the nipple line.
- Place the other hand on the victim's forehead.
- Compress straight down 1/3 the depth of the chest (about 1 1/2 inch) 30 times, at least 100 times per minute.
- Allow the chest to fully recoil between every compression.

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**Airway**

- **Do a head-tilt/chin-lift.**
  (Place one hand on the forehead and two fingers on the bony part of the chin)
- **Smaller Victims:** Tilt the head less.

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**Breathing**

- **For adults and children** Pinch nostrils closed and give 2 breaths so the chest rises.
- **For Infants** Seal your mouth around their nose and mouth and give 2 small breaths.
- **If breath did not go in,** Retilt the head and retry the breath.

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Continue cycles of compressions and breaths until victim shows signs of life or AED arrives. AED instructions on the other side.