

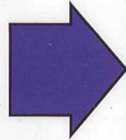
# CALL 911

## STEP 1

### Survey the Scene

Make sure the scene is safe for you and the victim.

**DO NOT BECOME ANOTHER VICTIM**



## STEP 2

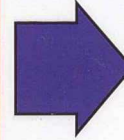
### Check for Unresponsiveness

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**



## Compressions

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

# C

### 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.

# NEXT

## Airway

# A



- **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.**

# NEXT

## Breathing

# B



- **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.**

# NEXT

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