

# CPR

## Get Help!

- Activate emergency response: **Call 911** and shout for help
- **Get AED**, turn it on and follow prompts when it arrives



## Signs of Life

- No Response? Abnormal breathing?
- Perform CPR immediately



# C

## ompressions x 30

- Place two hands on center of chest
- **Push hard** (5cm deep) **Push fast** (100/min)



# A

## irway

- Push chin up and tilt head back
- Clear any obstructions with finger sweep



# B

## reaths x 2

- Use a pocket mask or bag-valve-mask
- Slow breaths, just enough for the chest to rise



Repeat cycles of **30 breaths** and **2 ventilations** until help arrives

# Guide Template For Cpr

**J Elliott**



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