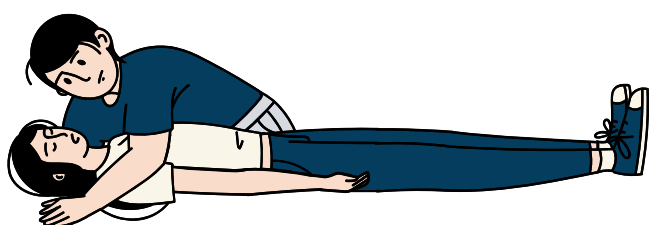


CPR BASICS **WHAT TO DO**

ENSURE YOU'RE SAFE

Examine the site of where the casualty is located. Ensure you are in no danger by choosing to help.



CHECK FOR UNRESPONSIVENESS

See if the casualty is not breathing or responding. Do this by checking for stomach movement & calling out their name loudly.

CALL 9-1-1

Take a deep breath and call your local EMS unit. Put them on speaker & answer their questions.



COMPRESSIONS

Push hard & fast in the center of the chest.
Do this 30 times at a depth of 2 -2.4"
and at a steady rate of
100-120 beats/min.

RESCUE BREATHS



Place your hand on their forehead & tilt their head back while lifting their chin. Pinch their nose and give 2 rescue breaths

REPEAT

Continue rounds of 30 chest compressions and 2 rescue breaths until EMS arrives

