



ADULT CPR

SIMPLE STEPS



IF YOU SEE SOMEONE COLLAPSE
OR LYING ON THE GROUND



CHECK FOR RESPONSE

Tap on the shoulders and shout - Are you okay?



IF NO RESPONSE, YELL FOR HELP

CALL 911 and START CPR

If someone is there with you, ask them to get an AED



GIVE 30 CHEST **COMPRESSIONS**

Place your hands on the center of the chest

Rate- 100 to 120 compressions per minute

Depth - 2 inches / 5cm

PUSH HARD, PUSH FAST



C

A

B

OPEN THE **AIRWAY**

Head tilt and chin lift technique

GIVE 2 RESCUE **BREATHS**

each breath lasting 1 second



REPEAT 30 COMPRESSIONS AND 2 BREATHS

UNTIL EMERGENCY RESPONDERS TAKES OVER

If AED is available, turn on the AED and follow the prompts!