

CPR: **A guide on how to save a life**



Assess the Situation & Check Responsiveness:

Check the scene for safety. Try to shake awake.

If there is no response, the person may be unresponsive and in need of CPR.



Find Someone or Call for Help:

If someone is nearby, ask them to call 911 while you start CPR. If you're alone, call yourself before beginning CPR.



Open the Airway & Check for Breathing:

Place the person on their back and tilt their head back to open the airway. Feel for breathing. If there is none, or only gasping, go to next step.



Start Chest Compressions:

Position the heels of both hands on the center of the person's chest. Push hard and fast giving 30 compressions (**100-120 compressions per minute**).



Provide Rescue Breaths:

After 30 compressions, give 2 breaths by pinching the person's nose shut, creating a seal with your mouth. Give a breath lasting about 1 second.



Continue CPR Until EMS Arrives

Alternate between 30 chest compressions and two rescue breaths until EMS arrives, an AED becomes available or the person shows signs of life

