

30+2

ADULT CPR

1. Check Victim

Tap Shoulder / Squeeze Hand "Are you OK?"
Tilt head & lift chin / Check for breathing

2. Call 9-1-1 or tell somebody else to

3. Give 30 Chest Compressions

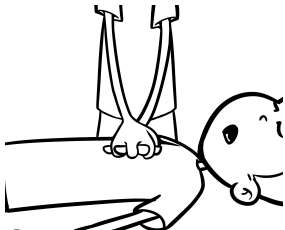
Hand over hand in center of chest
Push 2" deep, fast & hard
Push at a rate of 100/minute

4. Give 2 Rescue Breaths

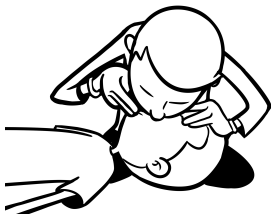
Tilt head & lift chin
Pinch nose and blow in mouth for 1 second

5. Repeat Steps 3 & 4 Until:

- The victim starts breathing
- or an AED is available and ready to use
- or help arrives and takes over



30 Chest Compressions



2 Rescue Breaths