



CPR FOR ADULTS CHILDREN 8+ YEARS

Follow These Life-saving Steps To Safely Perform CPR In Emergencies

1



- Step 1: Assess the situation and attempt to wake the victim.**
- Ensure the scene is safe. Do not put yourself in danger.
 - If the victim appears to have been electrocuted, do not touch them.
 - If it is safe, gently tap the victim and ask loudly, "Are you all right?"
 - Do not move the victim if you suspect a neck or back injury.

2



CALL 911

- Step 2: If the victim is unresponsive or not breathing:**
- Have a bystander call 911, or call yourself if no bystanders are present, and immediately proceed to the next step.
 - If possible, put the phone on speaker or have the dispatcher tell you how to: 1. Check for breathing, 2. Get the AED, 3. Provide guidance on performing CPR.
 - If the victim appears to be injured or needs medical assistance, a bystander must call 911 and describe the victim's condition frequently.

3



— If you do not suspect a neck or back injury: Place the victim on their back without moving. If the victim is face down and unresponsive, carefully roll them onto their back.

Step 3: Immediately begin chest compressions

- Locate the middle of the胸骨 for drawing an imaginary line between the nipples.
- Place the heel of one hand just below that line, then place the heel of the second hand on top, overlapping the hands.
- Straighten your arms, lock your elbows, and lean over so your shoulders are directly above your hands.
- Using the heels of both hands, push firmly straight down about 2 inches, but no more than 2.4 inches on the chest.
- Release pressure completely between pushes, keeping your hands on the chest at all times.
- Allow the chest to return to its normal position after each compression.
- Avoid leaning on the chest between compressions.
- Count aloud: "One and two and three..."
- Push fast and hard, aiming for a rate of 100 to 120 compressions per minute.

IF TRAINED IN CPR

If you are not trained in CPR or are uncomfortable with rescue breathing, skip steps 4 and 5, and continue chest compressions at a rate of 100 to 120 compressions per minute until:

- An AED arrives and is ready for use.
- The victim starts to move, or
- Emergency personnel take over.

4



Step 4: After 30 compressions — open the airway

- Open the airway by placing one hand on the victim's forehead and the other hand under the victim's chin, gently tilting the head back (head-tilt/chin-lift method).
- If the victim is not breathing or only gasping, proceed to Step 5 for rescue breathing.

5



Step 5: Begin rescue breathing after 30 compressions

- Maintain the open airway.
- Pinch the victim's nose shut and cover their mouth with yours, creating an airtight seal on one's mouth guard.
- Give two full, slow rescue breaths. Each breath should last one second and cause the chest to rise.
- Take a regular (not deep) breath between each rescue breath to avoid dizziness or oxygen deprivation.
- Watch the chest. If it does not rise after the first breath, perform the head-tilt/chin-lift again before giving the second breath.

6



Step 6: Repeat the cycle of chest compressions and rescue breathing

- Repeat the combination of 30 chest compressions and 2 rescue breaths, continuing to:
- Release all pressure between compressions.
- Watch the chest rise and fall during breaths.

Continue this cycle until:

- An AED arrives and is ready for use.
- The victim begins to move, or
- EMS personnel take over CPR.



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