

# #1 SECURE THE SCENE

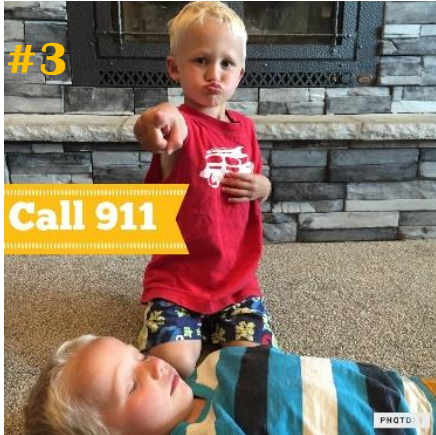
## #2 ASSESS

Are you ok??



## #3

Call 911



## #4

Check for a pulse



# C

# P

# R



## #5

Chest Compressions



## #6

Head-tilt/chin-lift



Breaths



**Begin CPR in the CAB sequence (Circulation, Airway, Breathing)**  
Circulation- While singing "STAYIN ALIVE"  
Compressions push fast and hard on Adults- Press down 2-2.5 inches.

Children- use one hand and press down 2 inches. Use both hands if tired!

Infants- Use 2 fingers and press down 1 1/2 inches

**AIRWAY - Head-tilt/chin-lift to open airway**

**BREATHING - Plug the victim's nose, make a seal over their mouth with your lips.**

**Give 2 breaths**

**Make sure chest rises with each breath. Continue with compressions**

**30 compressions 2 breaths (1 rescuer)**

**15 compressions 2 breaths (2 rescuers)**

**IF CHEST IS NOT RISING REPOSITION AND GIVE BREATHS AGAIN.**

**NOTE - If there is blood, vomit or you are not comfortable giving mouth to mouth, keep the circulation going by giving compressions.**