

ADULT CPR 9 YEARS AND OVER

911
Call
911

1. Attempt to wake the victim and call for help.

If the victim is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.



2. Begin chest compressions.

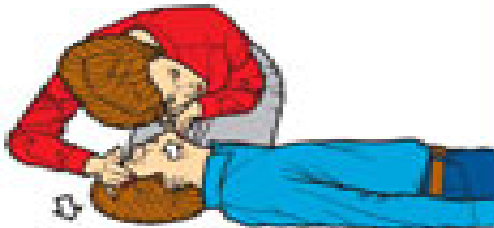
If the victim is not breathing, place the heel of your hand in the middle of his chest. Put your other hand on top of the first with your fingers interlocked. Compress the chest at least 2 inches (5-6 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

Do not stop to breathe until you are told to do so by a dispatcher or a trained medical professional.



3. Open the airway.

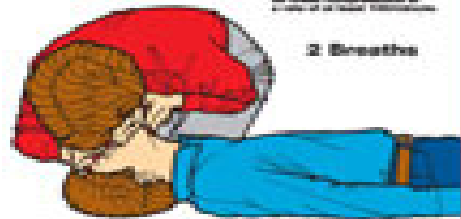
After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Tuck the victim's neck and make a seal over the victim's mouth with yours. Use a CPR mask if available.



4. Begin rescue breaths.

Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath, once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel confident that you can provide rescue breaths, continue to perform chest compressions.



2 Breaths

5. Repeat chest compressions.

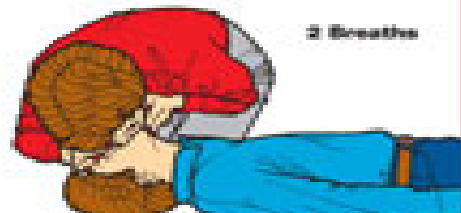
Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

30 Compressions



6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 before you're stopping the rescue breaths. Repeat steps 3 and 4 for about ten minutes (about 8 cycles of 30 compressions and 2 rescue breaths).



2 Breaths