

# 4 CPR

LEARNING OBJECTIVES: ESTABLISHING THE AIRWAY

## Step 1

### AIRWAY

- Tap or gently shake the victim to see if they are conscious.
- Shout "Are you OK?" If no response, call 911 for help and start to resuscitate.
- Tilt the head back by lifting the chin gently with one hand while pushing down on the forehead with your other hand. Do not move the victim's mouth completely.



## Step 2

### BREATHING

- Put your ear close to victim's mouth and nose for 5-10 seconds. Be sure there is no object in the mouth.
- Look for the rise and fall of the chest.
- Listen for breathing sounds.
- Feel for breathing on your cheek.



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## Step 3

### IF NOT BREATHING

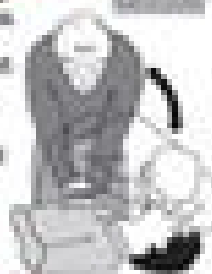
- Place the mouth to chest, using your thumb and index finger.
- Open your mouth wide and take a normal breath.
- Place your mouth over the victim's mouth, making a tight seal.
- Give 2 full breaths, pausing between them to take a breath.
- Each breath should take 1 second.
- Watch for the victim's chest to rise.
- If chest doesn't rise after first breath, perform another head tilt or chin lift before second breath.



## Step 4

### STILL NO RESPONSE

- As long as you have an unobstructed airway, you can breathe into the victim's mouth between sips.
- An other hand on top of first hand keeping all fingers of hand flat.
- Other shoulder and hand forms triangle approximately 1-1 1/2 inches (3-4 centimeters) above the victim's forehead.
- Give 2 full breaths.
- Watch and feel for rise.



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