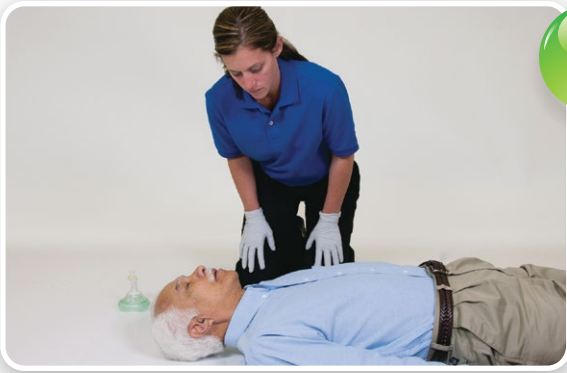


# CPR *and* AED

**Adult**  
Adolescence and up

## 9-1-1

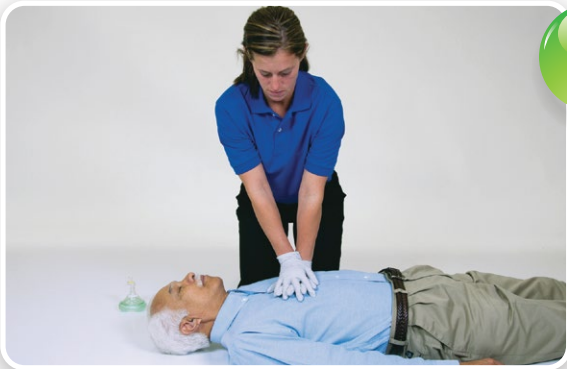
If you're not sure an emergency exists or the victim is unresponsive, badly hurt, looks/acts very ill, or quickly gets worse, call Emergency Medical Services (9-1-1) or activate your emergency action plan immediately. ▼



1

### Assess Person

- ▶ If safe, tap or squeeze shoulder. Ask loudly, "Are you okay?"  
*If no response:*
- ▶ Have someone alert EMS and get an AED.
- ▶ Quickly check face and chest for normal breathing.  
*If normal breathing absent:*



2

### Give 30 Compressions

- ▶ Place heel of one hand on center of chest. Place heel of second hand on top of first.
- ▶ Using upper body weight, push hard, at least more than 2 inches.
- ▶ Push fast, at least 100-120 times per minute. Allow chest to rebound fully.



3

### Give 2 Rescue Breaths

- ▶ Tilt head and lift chin to establish airway.
- ▶ Make chest rise visibly with each breath.
- ▶ Take a fresh breath between breaths.



4

### Repeat Cycles 2 and 3

- ▶ Provide cycles of 30 compressions and 2 rescue breaths.
- ▶ CPR is tiring. When others can help, take turns performing CPR. Switch about every two minutes.



5

### When the AED Arrives:

- ▶ Turn it on immediately and follow the AED's voice instructions.
- ▶ Don't stop! Continue until another provider or EMS personnel takes over, the person clearly shows signs of life, or you're too tired.

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