

6 STEPS FOR CPR

1 CHECK FOR SAFETY

Make sure the scene is safe for you and the victim.



2 CHECK RESPONSIVENESS

Tap the person and shout, "Are you okay?"
Look for normal breathing or movement.



3 CALL FOR HELP / ACTIVATE EMS

Call 911 for have someone else do it)
Get an AED if one is available



5 CHECK BREATHING

Look, listen, and feel for no more than 10 seconds



4 OPEN THE AIRWAY

Use the head-tilt, chin-lift method



6 START CPR

Push hard and fast in the center of the chest (100–120 per minute, about 2 inches deep)
Give 2 rescue breaths after every 30 compressions