

PERFORMING ADULT CPR

Since this method involves mouth to mouth contact, it is recommended for only those who need CPR that are in your family. We'd recommend taking a CPR certification course to become confident with this form of CPR so you're prepared should a real-life emergency ever occur.



CHEST COMPRESSIONS WITH BREATHS

STEP 1 - CHECK FOR RESPONSIVENESS

- Firmly tap the person on the shoulder to gauge their responsiveness while asking, loudly, if they are OK.
- If there's no response from the person, call 911. If you're not alone, ask someone else to call for help and retrieve an AED.
- Feel for a pulse. If you cannot, begin chest compressions.



STEP 2 - POSITION YOUR BODY

- Kneel closely beside the person who has collapsed, and make sure they are face up on a firm, flat surface.
- Place the heel of one hand in the center of the chest between the nipples.
- Place the heel of the other hand on top of the first hand, and then interlace your fingers.
- Position your body so that your knees are close to the person and your shoulders are directly over your hands, keeping your arms straight.



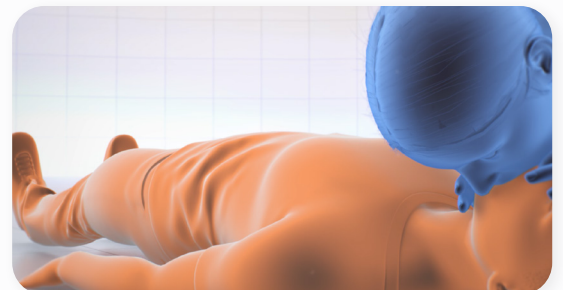
STEP 3 - BEGIN CHEST COMPRESSIONS

- Use your body weight to help you deliver compressions that are at least 2 inches deep. Keep your arms straight.
- Push hard at a rate of at least 100-120 compressions per minute. Make sure to allow the chest to recoil and rise completely in between each compression.



STEP 4 - START RESCUE BREATHS

- After 30 compressions, move quickly to open the airway by tilting the forehead back and lifting the chin towards the ceiling.
- Pinch the nose shut and place your open mouth over the person's mouth and make a tight seal.
- Blow a breath into the person's mouth to make their chest rise. Allow the person to exhale in between your breaths. Rescue breaths should be one second long.



STEP 5 - REPEAT

- After completing 2 rescue breaths, immediately go back to 30 chest compressions, followed by 2 more rescue breaths. Continue CPR until the person responds or an EMT or other trained responder arrives.

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