

CPR

Person is unresponsive
and not breathing



ProTrainings



Check the Scene

Check to make sure it is safe

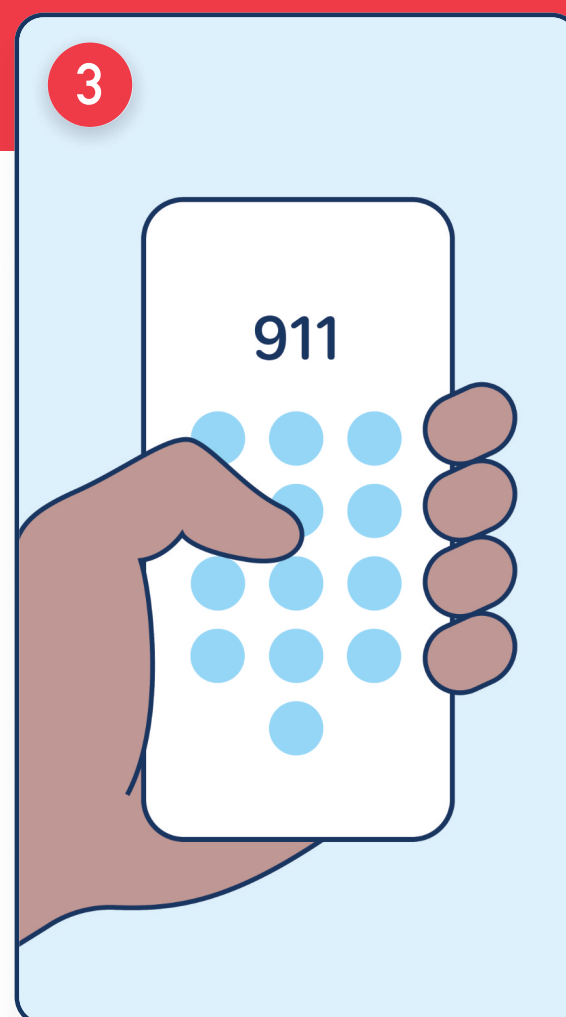
Check for availability of
personal protective equipment



Check the Person

Tap the person and shout

Check to see if the person
is breathing normally



Call 911

Adults

CALL 911 FIRST

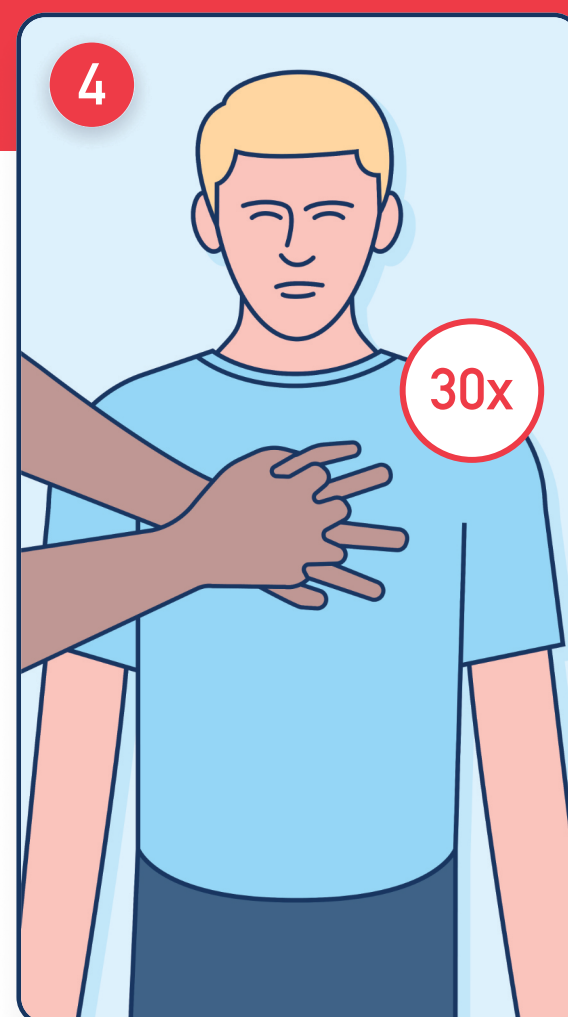
Get the AED and begin CPR

Children & infants

CARE FIRST

Provide 2 minutes of CPR

Then call 911

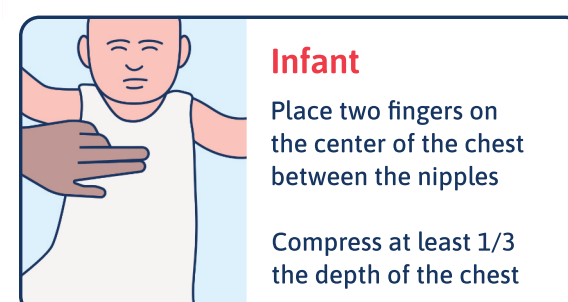
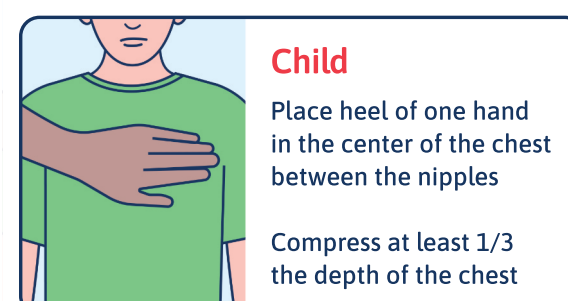


30 Compressions

Adults

Place hands on the center of the
chest between the nipples, with
fingers interlocked

Compress 2-2.4 inches

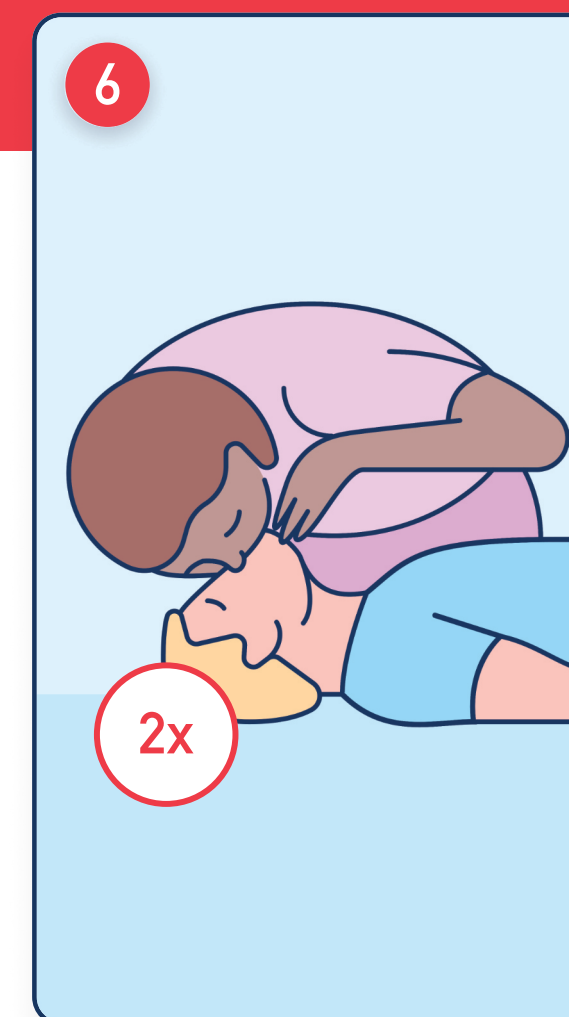


Open Airway

Perform a head tilt chin lift



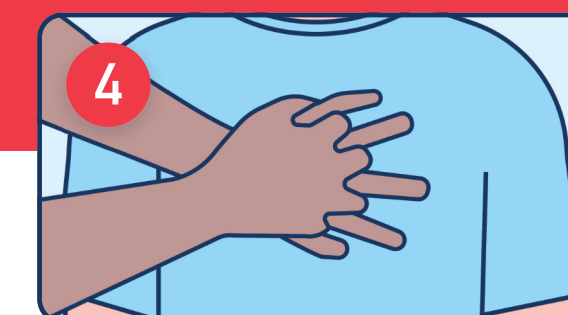
Sweep out any
visible foreign
objects



Give 2 Breaths

Give 2 breaths lasting 1
second each

Watch for chest rise and fall



Repeat Steps 4-6

Continue cycles of 30
compressions and 2 breaths

Repeat until:

- AED arrives (follow prompts)
- advanced medical personnel take over
- the person shows signs of life
- the scene becomes unsafe
- or you are too exhausted to continue

To order additional posters, PPE refills, or get CPR
certified, visit protrainings.com/poster



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