

# CPR for an Adult or Child

## 1

- Check the scene to ensure it is safe. If it is safe to do so, check the person and the person's ABCs (Airway, Breathing, Circulation).
- Call EMS/9-1-1 and get an AED or have someone else do this.



## 2

- Place the heel of one hand on the middle of the chest. Place the other hand on top.
- Do 30 compressions. Push hard, push fast.



## 3

- Open the airway by tilting the head back and lifting the chin. Pinch the nostrils closed and give 2 breaths.
- Repeat the cycle of 30 compressions and 2 breaths.
- Continue CPR until an AED arrives or more advanced care takes over.



The information on this poster does not replace formal First Aid & CPR training.

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