





SIMPLE CPR STEPS

<p>1. ESTABLISH UNRESPONSIVENESS</p> <p>Check the victim for responsiveness. Talk loudly to them. Tap them on the foot. Try to get them to respond.</p>	
<p>2. CALL 911</p> <p>Quickly assess the scene. Send someone to call 911 and <u>report back to you</u>. The person should tell 911 briefly what the situation is and, if appropriate, that <u>you are starting CPR</u>.</p> <p>If in an office building or out of the way location, send someone to meet rescue personnel and direct them to you. In an office building this person should also hold an elevator open on the ground floor.</p>	
<p>3. OPEN AIRWAY</p> <p>Open mouth with head tilt-chin lift (<i>CAUTION</i>: use jaw thrust if spinal injury is suspected). Check the mouth for any foreign objects. Sweep the inside of the mouth with a finger to check for hidden objects.</p>	
<p>4. CHECK BREATHING</p> <p>LOOK, LISTEN and FEEL for breathing. Place your cheek and ear close to the victim's mouth. LOOK at the victim's chest to see if it is rising and falling. LISTEN to the victim's mouth to see if you can hear breathing. FEEL for the victim's breath on your cheek. Check the victim's pulse at the same time.</p>	
<p>5. BEGIN RESCUE BREATHING</p> <p><u>Deliver two initial breaths</u>. Pinch the person's nose, give each breath mouth to mouth (or with barrier device if available) over 1.5-2.0 seconds; watch chest rise as you do this; allow exhalation between breaths.</p>	
<p>6. BEGIN CHEST COMPRESSIONS</p> <p>With the person on a firm surface, place the heel of your hand on the lower half of the person's exposed sternum. Lock your arms perpendicular to the victim's sternum with your shoulders directly above them. Force compression from your torso straight down without bending your arms. Compress the victim's sternum 1.5-2.0 inches, then release. Compressions should occur at a rate of 100 compressions per minute. <u>Perform 15 compressions only</u>.</p>	
<p>7. "RINSE AND REPEAT"</p> <p>Perform two rescue breaths and 15 chest compressions alternating until you have completed four breathing/compression cycles. Then check the breathing again. Repeat the breathing and chest compressions. Continue this pattern until <u>more qualified</u> assistance arrives.</p>	