

# CPR

## CARDIOPULMONARY RESUSCITATION

CARDIO- FROM GREEK *KARDIA* 'HEART'  
PULMONARY- FROM GREEK *PLEUMON* 'LUNGS.'  
RESUSCITATE- FROM LATIN *SUSCITARE* RAISE



### CHECK THE SCENE

Quickly, make sure it is safe.  
Then check the person too.  
Tap them on the shoulder.  
Shout: "Are you okay?"

### CALL FOR HELP

If the victim is unresponsive:  
Yell for help. Send someone to call 911.  
If available, send someone to get an AED.  
Begin administering assistance.



### CHECK BREATHING

Scan the victim from head to abdomen.  
Look carefully for signs of breathing.  
You may need to open the airway first.  
Do this for no more than 10 seconds.

### COMPRESSIONS

Restore blood circulation:  
Place the heel of hand on lower half of breast bone.  
Place the other hand over that. Interlace fingers.  
Keep your arms straight/locked.  
Position your shoulders over the victim's chest.  
Push down to give 30 deep compressions.  
2" in 18 seconds or less, around 100 -120/minute.



### OPEN AIRWAY

With the person lying on his/her back:  
Gently push on the forehead with one hand.  
With the other, gently tilt up the chin.

### BREATHING

Pinch the nose and place mouth to mouth.  
Make a complete seal. Use a mouth barrier if available.  
Blow in the person's mouth to make the chest rise.  
Deliver two breaths then continue compressions.



### CONTINUE

Keep going until help or an AED arrives.  
If an AED arrives, turn it on and follow the steps.  
If the victim begins breathing, stop.