

Adult CPR

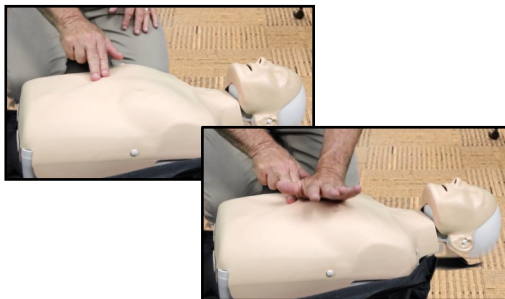
1 Check for breathing and unconsciousness

- Assess the victim and check for breathing. Look for rise and fall of the abdomen (diaphragm).
- If not breathing, yell for help and call 9-1-1 immediately and retrieve the AED.



2 Compressions

- Place the heel of your hand at the center of the chest with your middle finger in line with the nipple.



- The second hand should be placed on top, with your fingers interlaced. Compress 2-2.4 inches deep and give 30 chest compressions at a rate of 100-120 compressions per minute.



3 Airway

- Look in the mouth to make sure the mouth is clear before blowing. Sweep out any objects in the mouth before breaths.



4 Breathing

- Pinch the victim's nostrils closed and place your mouth over the victim's mouth. Give 2 breaths lasting 1 second each.

