CPR for an Adult

1 Check the person and the person's ABCs (Airway, Breathing, Circulation).

If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.

2 Place both of your hands on the centre of the person's chest.

Do 30 chest compressions: Push deeply and steadily.

3 Open the airway by tilting the head back and lifting the chin.

Place your barrier device over the person's mouth and nose.

Give 2 breaths.

4 Repeat cycles of 30 chest compressions and 2 breaths.

Continue CPR until an AED arrives or more advanced care takes over.

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

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Red Cross Cpr Guidelines 2013

Brenda L. Bonham Howe

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