

**1. TAP and SHOUT, get the person to respond.** (i.e. body movement, eye movement, moans or groans)

**2. CALL 9-1-1 and get an AED, if the person does not respond.**

**3. LOOK FOR BREATHING, if person is not breathing or only gasping, begin CPR!**

# C

**Compressions**

- 30 compressions

# A

**Airway**

- Lift victims chin

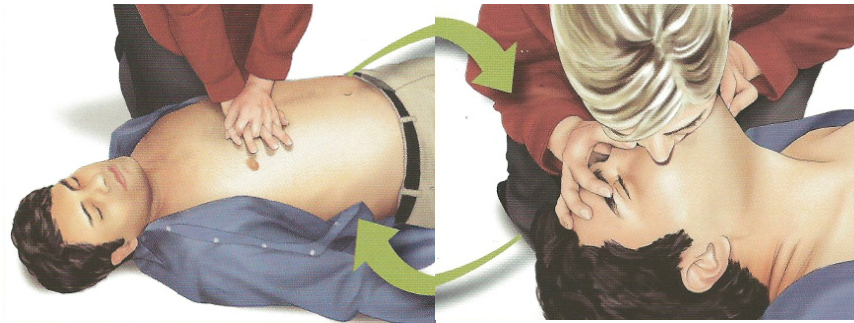
# B

**Breaths**

- Give 2 breaths

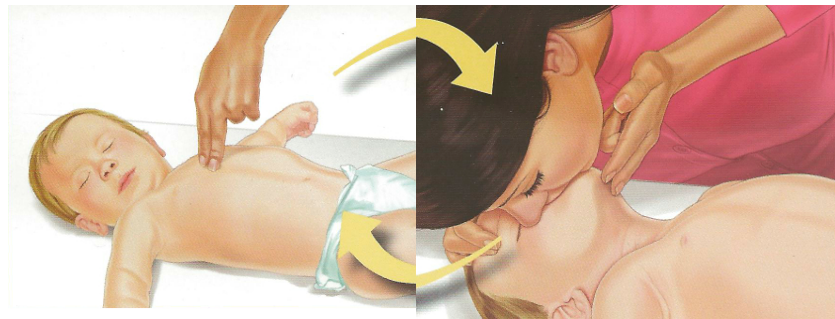
## Adult and Child CPR

- TWO HANDS, PUSH HARD AND FAST, 100-120 PER MINUTE



## Infant CPR

- TWO FINGERS, PUSH HARD AND FAST, 100-120 PER MINUTE



**REPEAT until Help or an AED arrives...**

...Once the AED arrives, turn it ON and follow the prompts.

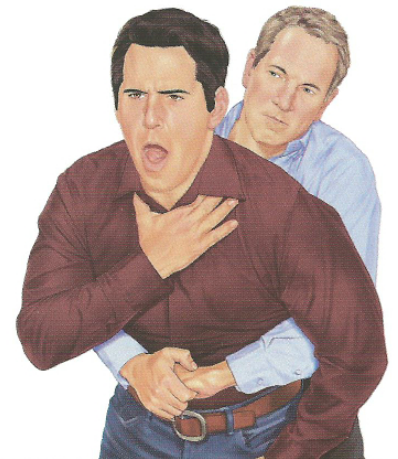


### Adult and Child Choking

#### 1. RECOGNIZE CHOKING

- Person CANNOT breathe, cough, or speak Ask, "Can I help you?"

#### 2. GIVE THRUSTS SLIGHTLY ABOVE BELLY BUTTON



### Infant Choking

#### 1. RECOGNIZE CHOKING

- Infant CANNOT breathe or make a sound, repeat steps 2 and 3

#### 2. GIVE 5 BACK SLAPS BETWEEN THE SHOULDER BLADES

#### 3. GIVE 5 CHEST THRUSTS WITH TWO FINGERS ON THE CHEST

