

Adult CPR (over 12 yrs)

- 1 Check the Scene - make sure it's safe
- 2 Check the Victim - tap and shout
- 3 Call for Help - Have someone call 9-1-1  
If alone, Call 9-1-1, then do CABs

**Compression** - 30 times in 18 seconds  
Place heel of one hand in center of chest with your other hand on top and compress at least 2 inches

**Airway** - tilt head back, lift chin to open airway.

**Breathing** - Take normal breath, pinch victim's nose closed and give a breath until chest rises.  
Give a second breath. Take 1 second per breath.  
If chest doesn't rise, open airway again.

**Repeat C - A - B** until help arrives or victim breathes

Child CPR (1 to 12 yrs)

- 1 Check the Scene - make sure it's safe
- 2 Check the Victim - tap and shout
- 3 Call for Help - Have someone call 9-1-1  
If alone, do 5 CABs, then call 9-1-1

**Compression** - 30 times in 18 seconds  
Place heel of one hand in center of chest and compress about 2 inches

**Airway** - tilt head back, lift chin to open airway.

**Breathing** - Take normal breath, pinch victim's nose closed and give a breath until chest rises.  
Give a second breath. Take 1 second per breath.  
If chest doesn't rise, open airway again.

**Repeat C - A - B** until help arrives or victim breathes

Infant CPR (under 1 yr)

- 1 Check the Scene - make sure it's safe
- 2 Check the Victim - tap and shout
- 3 Call for Help - Have someone call 9-1-1  
If alone, do 5 CABs, then call 9-1-1

**Compression** - 30 times in 18 seconds  
Place two fingertips in center of chest and compress 1 1/2 inches

**Airway** - tilt head back, lift chin to open airway.

**Breathing** - Take normal breath, cover victim's nose and mouth and give a breath until chest rises.  
Give a second breath. Take 1 second per breath.  
If chest doesn't rise, open airway again.

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