

# CPR Instructions

## CPR IN THREE SIMPLE STEPS

This information is to be used as a free guide and resource, but it cannot replace real CPR or first aid training. Please try to attend a CPR training course in your community and help save a life.



### 1. CALL

Check the victim for unresponsiveness. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.

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### 2. BLOW

Tilt the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 2 seconds.

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### 3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the chest 1 1/2 to 2 inches 15 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.

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**CONTINUE WITH 2 BREATHS AND 15 PUMPS UNTIL HELP ARRIVES**

**NOTE:** This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing

## CPR for Children (Ages 1-8)

CPR for children is similar to performing Quick CPR for adults. There are, however, 4 differences.

- 1) If you are alone with the child give one minute of CPR before calling 911
- 2) Use the heel of one hand for chest compressions
- 3) Press the sternum down 1 to 1.5 inches
- 4) Give 1 full breath followed by 5 chest compressions

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