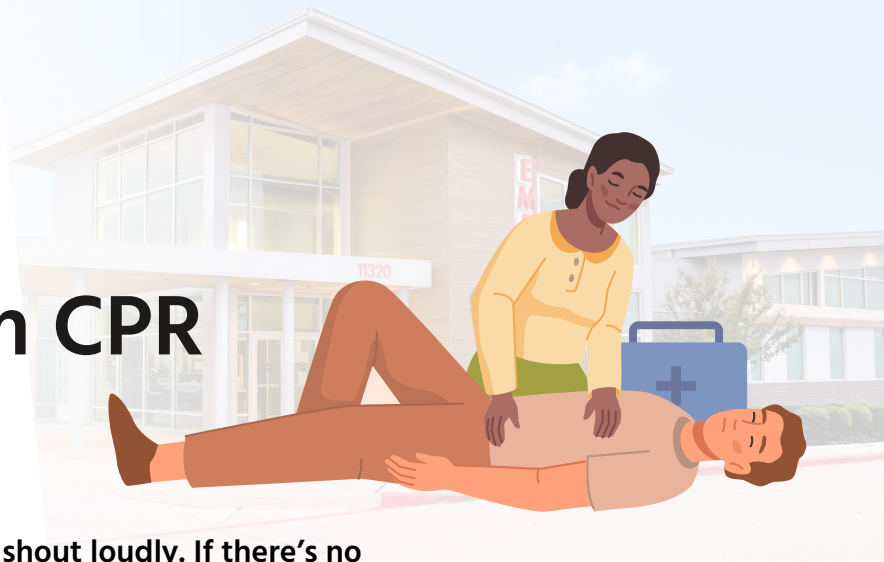


How to Perform CPR on Adults



A Shake the person's shoulders and shout loudly. If there's no response and they're not breathing or only gasping, begin CPR.

B Call emergency services immediately, or direct someone else to do it. If an AED is available, bring it immediately. If no AED is available, begin CPR right away.

C Chest Compressions

- 1 Lay the person on their back on a firm, flat surface.
- 2 Place the heel of one hand on the center of the chest, then the other hand on top.
- 3 Lock your elbows and press hard and fast—at least 2 inches (5 cm) deep.
- 4 Perform compressions at a rate of 100–120 per minute.

D Rescue Breaths

- 1 Open the airway using the head-tilt, chin-lift method.
- 2 Pinch the nose shut, cover the person's mouth with yours to form a seal.
- 3 Give 2 breaths, each lasting about 1 second, and watch for chest rise.

E Repeat

Continue with 30 compressions followed by 2 breaths. Use an AED as soon as it becomes available. Do not stop CPR until medical help arrives or the person starts breathing.