

Green line denotes Inside Margin
Pink line denotes Outside Bleed Margin
Gray line denotes Die Cut

EMERGENCY CPR

Cardiopulmonary Resuscitation

Check for responsiveness, dial **9-1-1** if unresponsive.

Airway: Lift the neck and tilt the head back.

With the victim lying flat on his back, place your hand on his forehead and your other hand under the tip of the chin. Gently tilt the victim's head backward. If the person is still not breathing on his own after the airway has been cleared, you will have to assist him breathing.



Breathing: Pinch the nose; give 2 breaths.

Pinch his nose with your fingertips to prevent air from escaping once you begin to ventilate and place your mouth over the victim's, creating a tight seal. Give two full breaths. Between each breath allow the victim's lungs to relax. If the victim remains unresponsive check his circulation.

Circulation: 2 hands, 2 inches; 30 compressions.

Check pulse, if there is no pulse then the victim's heart is not beating, and you will have to perform **chest compressions**. Place two fingers at the sternum then put the heel of your other hand next to your fingers. Place one hand on top of the other and interlace the fingers. Lock your elbows and using your body's weight, compress the victim's chest. The depth of compressions should be approximately 1½ to 2 inches. Count aloud as you compress 30 times at the rate of about 3 compressions for every 2 seconds. Finish the cycle by giving the victim 2 breaths. This process should be performed four times – 30 compressions and 2 breaths – after which remember to check the victim's pulse and any signs of consciousness.