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CPR Safety

According to the American Heart Association, Cardiopulmonary Resuscitation (CPR) is a combination of rescue breathing and chest compressions delivered to victims thought to be in cardiac arrest. Prior to performing CPR, it is important that you receive appropriate training from organizations like the [Red Cross](#), the [American Heart Association](#) or other certifying organizations.

The ABCs of CPR

CPR can be broken down into three basic steps: Airway, Breathing and Circulation. The ABC method makes it easier to remember the proper steps of CPR in the event of an emergency. Remember to ALWAYS call 911 for help before administering CPR.

Step 1: AIRWAY - Clear the airway

1. Place the victim on his/her back on a firm surface.
2. Kneel beside the victim's neck and shoulders.
3. Clear the victim's airway by using the Head Tilt-Chin Lift explained below.



Head Tilt-Chin Lift

Head Tilt-Chin Lift

Put your palm on the victim's forehead and gently push down. With your other hand, gently lift the chin forward to open the airway.

4. Place your cheek over the victim's mouth to check for breathing. Look for chest motion and listen for breath sounds. Gasping should not be considered normal breathing. If the person isn't breathing normally or is not responsive, begin mouth-to-mouth breathing.

Step 2: BREATHING - Artificial Breathing

1. With the airway open, pinch the nostrils shut.
2. Cover the victim's mouth with yours, making a seal.
3. For an adult victim, administer two rescue breaths. Each rescue breath should last one second. Make sure the victim's chest rises during each breath.



Rescue Breaths



Chest Compressions

Step 3: CIRCULATION - Restore Blood Circulation

1. Place the heel of one hand over the center of the victim's chest. Place your other hand on top of the first hand. Remember to keep your elbows straight and position your shoulders directly above your hands.
2. Using your upper body weight, push straight down to compress the chest one and a half to two inches. Push hard and push fast. For an adult victim give two compressions per second. Count each compression, and stop at 30 compressions.

3. After 30 compressions, begin the cycle again by opening the victim's airway and administering two rescue breaths.
4. Continue following the CPR steps until the person is revived or medical professionals arrive.

The information is not meant to be a training course for CPR. Contact your local [American Red Cross](#) for proper training certifications.

Remember... Safety Matters.

