

Steps of Adult CPR

1. Make sure the scene is safe.
2. Tap and shout “Are you OK?”
3. Yell for help. You or someone else should phone the emergency response number (or 911) and get the AED.
4. Check breathing.
5. If the person isn’t breathing or is only gasping, give CPR.
6. Give **30 compressions** at a **rate of at least 100 a minute** and at a depth of at least **two inches**. After each compression, let the **chest come back to up** to its normal position.
7. Open the airway and give **two breathes**.
8. Keep giving sets of 30 compressions and 2 breaths until the AED arrives, the person starts to respond, or trained help arrives and takes over.

Steps of Child and Infant CPR

1. Make sure the scene is safe.
2. Tap and shout “Are you OK?”
3. Yell for help and tell anyone who responds to call 911. You stay with the child/infant.
4. Check for breathing.
5. If the child/infant isn’t responding and either isn’t breathing or only gasping, **give 5 sets of 30 compressions and 2 breaths; then phone 911 (if someone else has not called them) and get the AED. Small children may need only the heel of one hand to compress 1/2 to 1/3rd the depth of the chest. Infants only need two fingers positioned just below the nipple line.**
6. Keep giving sets of compressions and breaths until the child or infant starts to cry, breath, move or until someone with more advanced training arrives and takes over.

