




CPR (Cardio-pulmonary Resuscitation) Steps:

<p>1. CALL</p> <p>Check the victim for unresponsiveness. If the person is not responsive and not breathing or not breathing normally - Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.</p>	
<p>2. PUMP</p> <p>If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down in the center of the chest 2 inches 30 times. Pump hard and fast at the rate of at least 100/minute, faster than once per second.</p>	
<p>3. BLOW</p> <p>Tilt the head back and lift the chin. Pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.</p>	

CONTINUE WITH 30 PUMPS AND 2 BREATHS 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.