

CPR Basics for an Unresponsive Person

1. Scene Safety

Make sure the scene is safe before approaching the person.
Scan the area for safety.
If the scene is not safe, go get help!

2. Tap & Shout

Check responsiveness.
Tap the persons shoulder and shout "Are you OK?"



3. Call for Help

Phone or send someone to phone 911, get a first aid kit and AED machine



4. Check for Breathing

Scan the chest for 5-10 seconds, watching for the chest to rise & fall.
Gaspings is not normal breathing!



5. Begin CPR

Push hard and fast in the center of the chest.
Adults & Children 2 inches,
Infants 1 1/2 inches
Push at a rate of 100-120 Compressions per minute
Let the chest come back to its normal position between compressions.

