

# CPR

## CARDIOPULMONARY RESUSCITATION



**1** Check to determine consciousness. Tap or gently shake the person and shout, "Are you OK?" If there is no response, shout for help. If you are alone, telephone emergency medical services before you assist victim.



**2** Telephone the Emergency Medical System or have someone else call.  
**ALWAYS HANG UP LAST!**



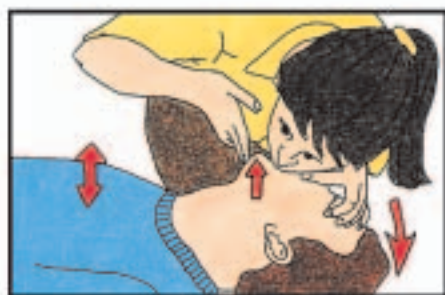
**3** Position the victim onto the back, while supporting the neck. Avoid twisting the body.



**4** Tilt the head back and lift the chin to open airway.



**5** Check for breathing. **LOOK** at the chest. **LISTEN** for breaths. **FEEL** for breathing.



**6** If the victim is not breathing, **GIVE TWO SLOW BREATHS**, each breath lasting 1½-2 seconds with enough volume to see the chest rise.



**7** Check for signs of circulation for no more than ten seconds by feeling for a pulse at the **CAROTID ARTERY**.

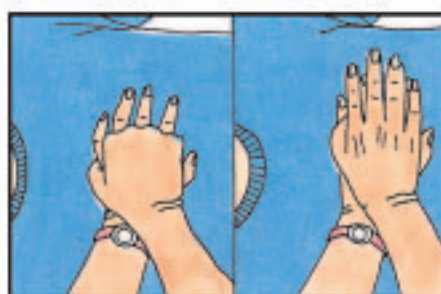
**8** Begin the first cycle of CPR with chest compressions followed by rescue breaths.



**a.** Locate the sternal notch (area where ribs meet).



**b.** Place the heel of your hand next to the sternal notch. Keep fingers off chest.



**c.** Begin compressions with your elbows straight and locked and your shoulders over your hands.

**d.** Count aloud to establish a rhythm.

**e.** Give **FIFTEEN** compressions followed by **TWO** rescue breaths (four cycles every minute).



**9** At the end of every **FOUR** cycles, check for signs of circulation for no more than ten seconds.

**10** Repeat steps 8 & 9.

# IBEW

