

ADULT CPR / PUSH + BREATHE



Unresponsive + not breathing normally?

Check: 10 sec max. No pulse search. Call 911; get AED.



100-120 / MIN

2-2.4 IN DEEP



30 PUSHES : 2 BREATHS

TRAINED + WILLING



AED: FOLLOW PROMPTS

STAND CLEAR

Hands stacked, center chest. Full recoil. On back, firm, flat surface.

Breaths: tilt head, lift chin, pinch nose; 1 sec, chest rise.

Overdose: breaths matter. Unable? Keep pushing. Continue until normal breathing or trained help takes over.