

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement

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.

Reviewed 10/04/26 / Education; no agency endorsement