

# How to perform CPR

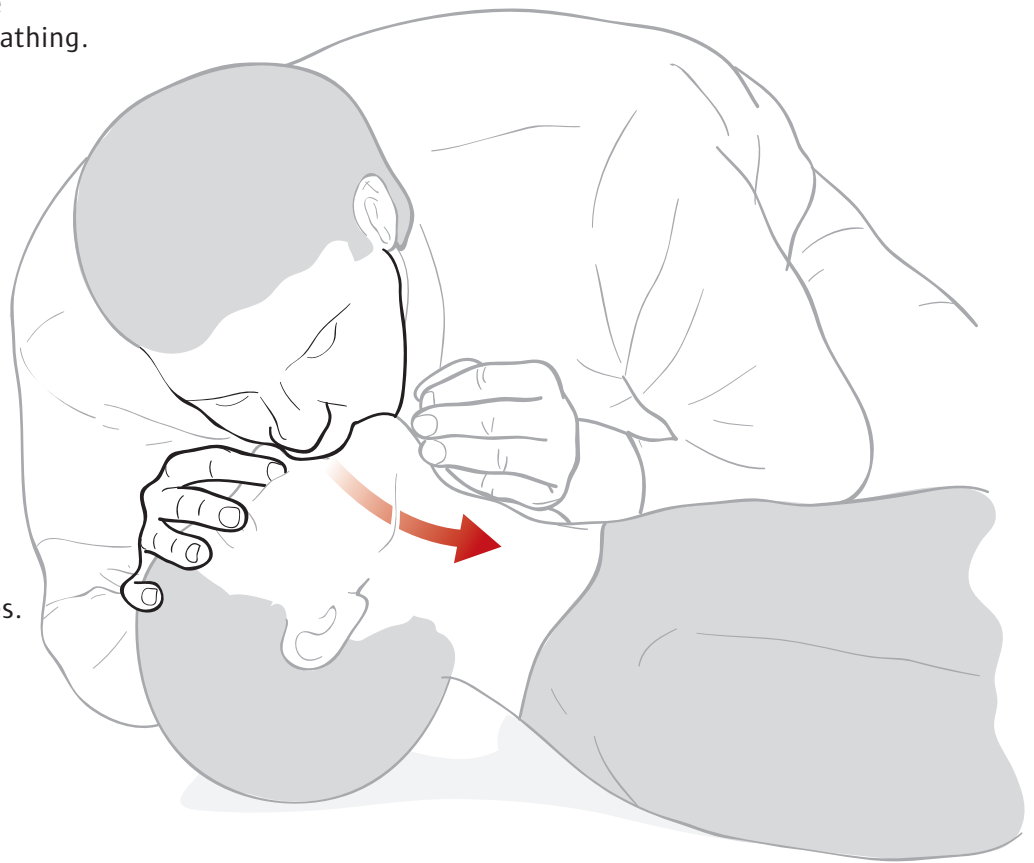
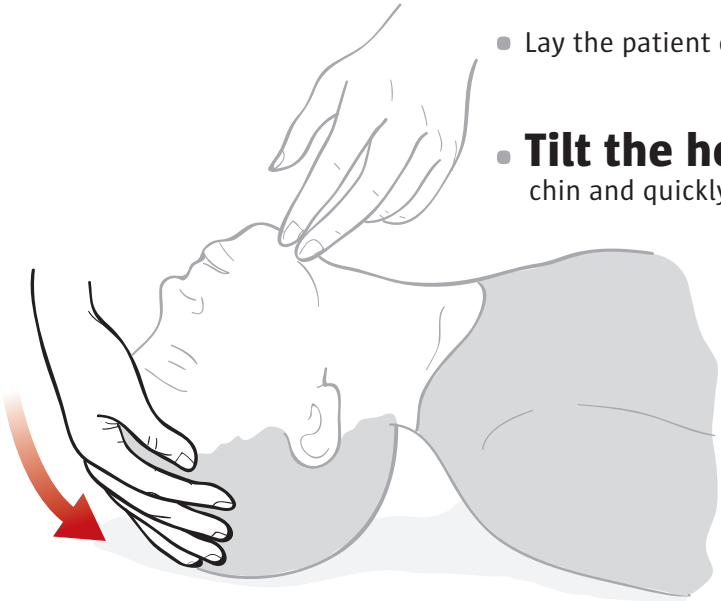
## 1. CHECKING FOR CONSCIOUSNESS

**Tap the victim on the shoulder and shout.** If he doesn't respond, **call 911.**

If an automatic defibrillator (AED) is at the scene, use it immediately. AEDs in public places have easy instructions.

## 2. RESCUE BREATHING

- Lay the patient on his back on a firm surface.
- **Tilt the head back**, lift the chin and quickly look and listen for breathing.

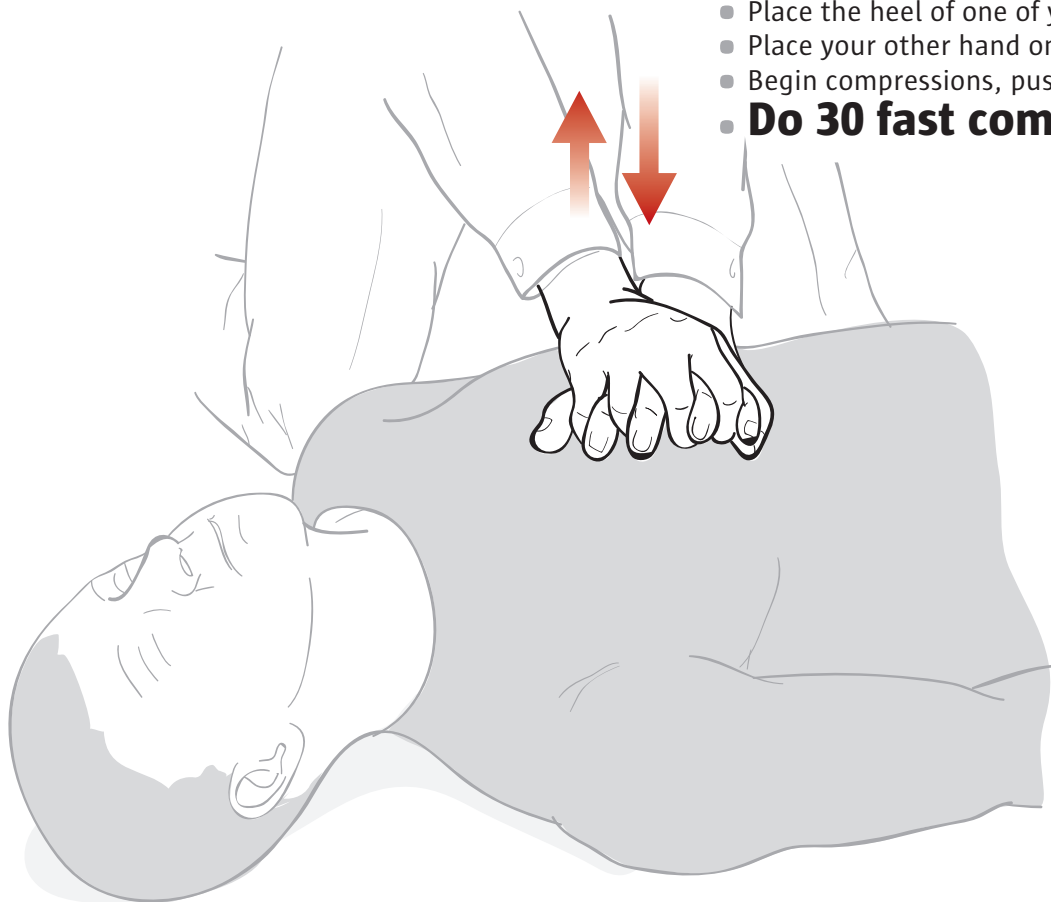


If there is none, **give two quick rescue breaths:**

- Pinch the nose.
- Cover the patient's mouth with yours and blow until the chest rises.
- Give each breath in about one second.
- Do not check for a pulse.

## 3. CHEST COMPRESSIONS

- Kneel at the victim's side.
- Place the heel of one of your hands on the lower part of the breast bone between his nipples.
- Place your other hand on top of that hand.
- Begin compressions, pushing about two inches deep.
- **Do 30 fast compressions** — faster than one per second.



 **REPEAT CYCLE: two breaths and 30 compressions**

### For children ages 1 to 8

If someone else is available, have him call 911. Immediately begin CPR, according to instructions above, except: **Use one hand for smaller children.** With compressions, **push about one-third the depth of the chest.** Perform five cycles of rescue breathing and chest compressions. Then call 911, if someone else hasn't already. Then use an automatic defibrillator, if one is at the scene.

### For children younger than age 1

If someone else is available, have him call 911. Immediately begin CPR, according to above instructions, except: For chest compressions, **place two fingers in middle of chest** just below nipple line. Perform five cycles of rescue breathing and chest compressions. Then call 911, if someone else hasn't already.

**Do not use an automatic defibrillator.**



#### CPR CLASSES, INFORMATION:

American Heart Association: 800-AHA-USA1 (800-242-8721)

American Red Cross: 206-323-2345 or [www.seattlredcross.org](http://www.seattlredcross.org)

More information on CPR, with animation: University of Washington, [www.learn CPR.org](http://www.learn CPR.org)

Sources: American Heart Association, American Red Cross, University of Washington

ILLUSTRATIONS BY KRISS CHAUMONT / THE SEATTLE TIMES