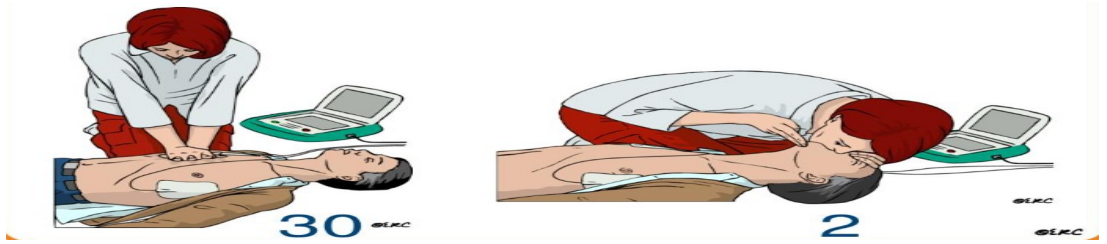




CPR / First Aid Emergency Procedure



compressions

breaths

1. Check to see if the person is breathing and responsive



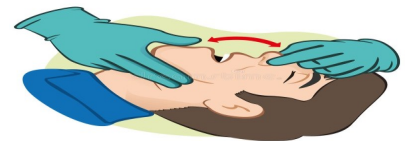
2. Call 911 for help



3. Chest Compressions / Pump Position; hands at the center of the chest, push down hard and fast 30 times (100 times per minute), compress 2 in. 4-5 cm.



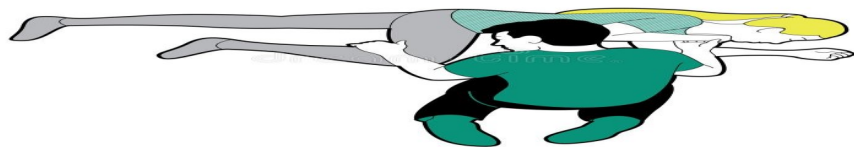
4. Airway; tilt head back, lift chin, open the airway, check breathing.



5. Breaths / Blow; give 2 breathes; continue 30 compressions / 2 breaths



6. Recovery Position



Guilford College Department of Public Safety

336.316-2909

