

1

**Check response**

Can you hear me?  
Open your eyes.  
What's your name?  
Squeeze my hand.



2

**Establish an airway**

Support the jaw and tilt the head.  
If you see fluid or foreign objects, turn the patient onto their side and clear.



3

**Check for breathing**

Look at the chest.  
Listen for air escaping.  
Feel for air escaping and chest rising.



4

If no breathing, give two rescue breaths.



**At A Glance**



**Check for danger**



**Call for help**



**If no signs of life, give CPR**

5

**If still no signs of life**

Give 30 compressions on the centre of the chest and two rescue breaths.  
Do this at least 5 times in 2 minutes.



6

If the person shows signs of life, then place the person on their side.



7

**Continue until help arrives.**

If available, implement a defibrillator as soon as possible.



Jason Jacobson

Providing Certified CPR, First Aid, A.E.D., and Blood Borne Pathogen training that's fun, energetic, and professional for individuals and groups

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**Adult CPR**

1. Tilt head
2. Give 2 full breaths
3. Start compressions using both hands - 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



**Child CPR (1-8 years)**

1. Tilt head
2. Give 2 full breaths
3. Start compressions with one hand - only 30 times
4. Repeat - 2 breaths, 30 compressions
5. Continue until the ambulance arrives, patient recovers or it is impossible to continue.



**Infant CPR (0 - 1 years)**

**DO NOT TILT HEAD!**

1. Give 2 breaths (puffs)
2. Start compressions using two fingers only — 30 times
3. Repeat — 2 breaths, 30 compressions
4. Continue until the ambulance arrives, patient recovers or it is impossible to continue.

