



CALL




CALL 911

BLOW




TILT HEAD, LIFT CHIN, CHECK BREATHING




GIVE TWO BREATHS

PUMP



POSITION HANDS IN THE CENTER OF THE CHEST



FIRMLY PUSH DOWN TWO INCHES ON THE CHEST 30 TIMES

CONTINUE WITH TWO BREATHS AND 30 PUMPS UNTIL HELP ARRIVES

Please print this guide, cut it out, pin it to your wall, Xerox it for a friend or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

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