



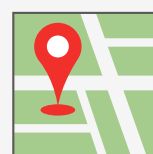
CALL EMERGENCY SERVICES

1



CONSULT YOUR LOCAL DIRECTORY

GIVE L.I.F.E



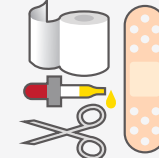
LOCATION



INJURY



FIRST AID
GIVEN



EQUIPMENT
USED

SHARE ABOVE INFORMATION WHEN
SPEAKING TO EMERGENCY SERVICES

CHECK RESPONSIVENESS

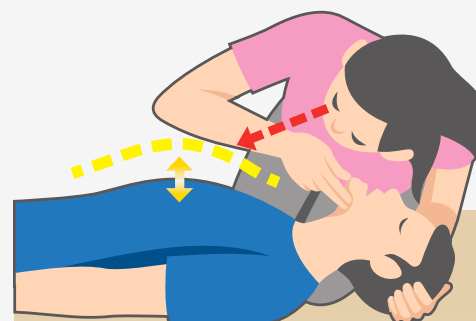
2



LAY PERSON ON BACK



TILT HEAD AND CHECK FOR BREATH



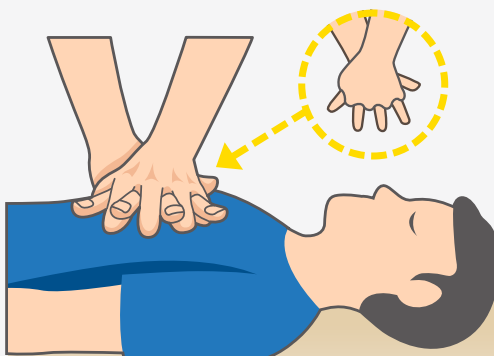
LOOK FOR CHEST TO RISE AND FALL

CPR POSITION

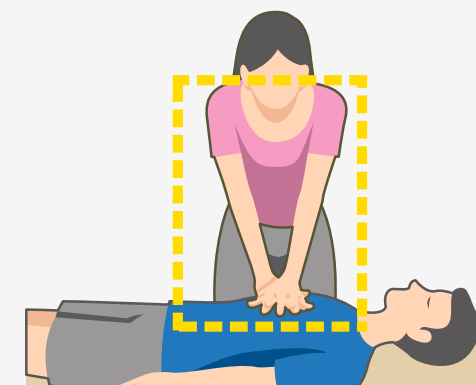
3



KNEEL NEXT TO PERSON



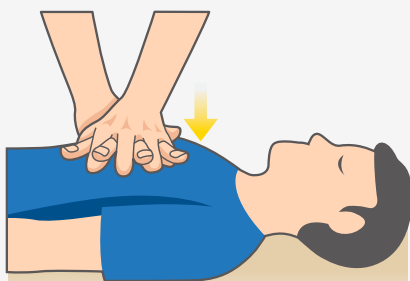
PLACE HANDS OVER CENTER OF CHEST
LOCK AND RAISE FINGERS



LOCK ELBOWS & POSITION SHOULDERS
OVER CENTER OF CHEST

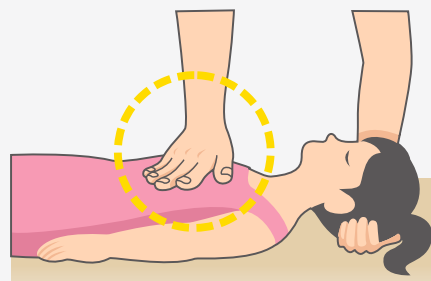
APPLY 2 & 2

4



APPLY 2 PUMPS A SECOND (120 PUMPS PER MIN);
2 INCHES DEEP (APPROX. 6CM)

2 & 2
PUMPS PER SEC INCHES DEEP
120 PUMPS PER MIN APPROX. **6CM**



FOR CHILDREN APPLY THE SAME
PROCEDURE USING 1 HAND

DON'T PERFORM MOUTH-TO-MOUTH
UNLESS TRAINED



IF TRAINED, REMEMBER IT'S 30 CHEST
COMPRESSIONS FOLLOWED BY 2 BREATHS



IF AED IS AVAILABLE, USE EQUIPMENT AND FOLLOW INSTRUCTIONS

