



Call: 877-906-6668

# STEPS OF CPR checklist



## UNRESPONSIVE VICTOM

- Recognize a unresponsive victim
- Make sure the scene is safe
- Or, move the victim to a safe area.
- Tap the victim for responsiveness

## CALL FOR HELP

- Ask someone to call 911 and bring an AED
- Call 911 for help and get the AED
- Stay calm

## CHECK FOR BREATHING

- Lay the victim on their back
- Check for breathing (5 to 10 secs.)
- Do not mistake agonal breathing for normal breathing

## C.A.B.

- Compressions** (30)
- Airway** Head tilt chin lift
- Breathing** - give two breaths

## AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

- Once the AED comes turn it on.
- Remove clothing from the chest
- Place the PADS as shown
- Follow the instructions from the AED
- Resume C.A.B.

## CONTINUE C.A.B. UNTIL EMS ARRIVES

- Continue CPR until help arrives
- Once help arrives give them the details of what happened
- Let EMS take the PADS
- Do not let EMS take the AED

