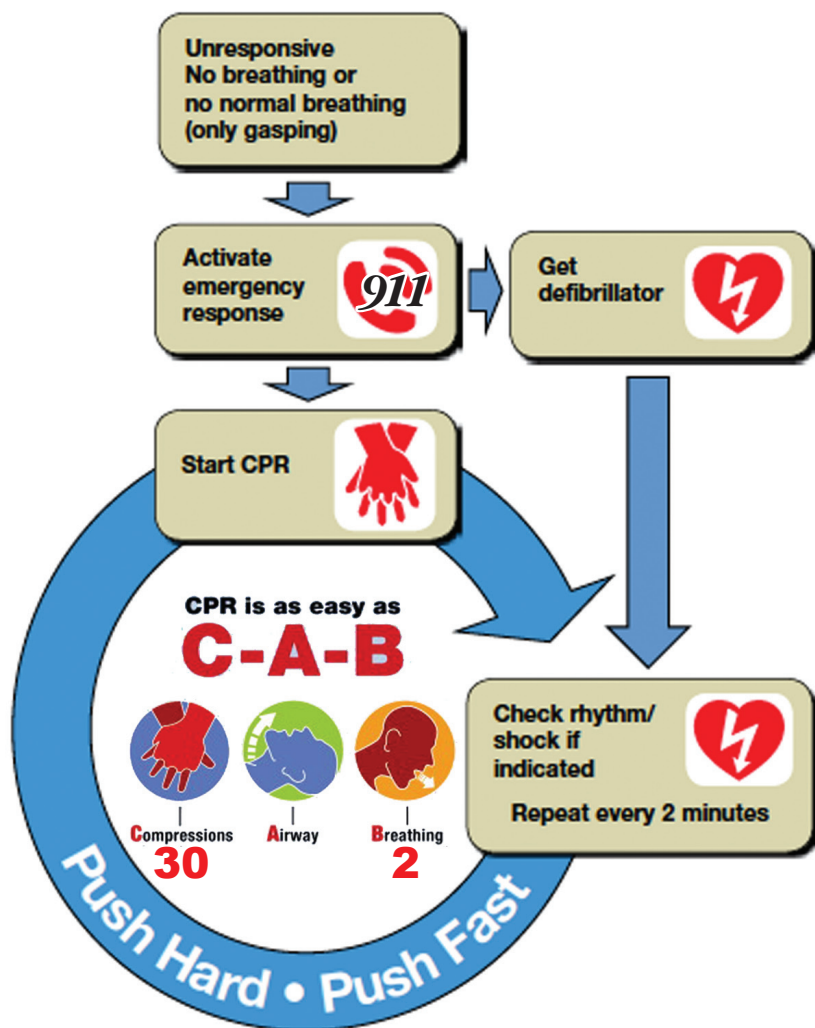


# Basic CPR Help Sheet

## Steps for the Non-Professional Rescuer



Adult and children victims:

### 30 Pushes to 2 "wooshes"

Babies up to 12 months old:

### 30 Pushes to 2 gentle "puffs"

You can legally stop CPR when: the victim revives, EMS takes over for you, another trained rescuer takes over for you, if you become too exhausted to continue CPR, or anytime the scene becomes unsafe for the rescuer. (Take care of yourself so you can take care of others.)

**Choking?** Ask "Are you choking? Try to cough." If they can't cough forcefully, give abdominal thrusts to the victim's navel (or if pregnant or obese give thrusts to their breast bone). If they are so obese your arms won't reach around victim, or victim is unconscious, lie them on the floor face up and give abdominal thrusts. If unconscious, look into mouth, clear if necessary, and attempt breathing. Continue with 5 thrusts-look-clear-breathe and repeat this cycle until resolved. Babies get back blows & chest thrusts.

**Method for Pediatric Victims and Near-Drownings**  
*(where breathing is the key factor, and the heart is working.)*

After activating 911, do the order as:

**A** - Airway  
**B** - give 2 Breaths and Check Chest for Signs of Response indicating heart is working and if so, give breaths only.

**Adults**  
*1 Breath every 5 seconds*

**Children**  
*1 Breath every 3 seconds*

**Infants**  
*1 gentle "Puff" breath covering both mouth and nose every 3 seconds.*

Continue Rescue Breathing for about 2 minutes, then recheck for signs of heart response for 5-10 seconds. With heart working, continue Rescue Breathing method.

If no reaction happened from your beginning 2 breaths, start **C** - 30 pushes:2 breath cycle in standard CPR chart to left.

If ever in doubt if the heart is working, do the 30:2 method.