

It's a fact

CPR saves lives!

Each year in the U.S., more than **390,000** people suffer sudden cardiac arrest
Fewer than 6% of sudden cardiac arrest victims survive*

What happens when you stop breathing?
Without oxygen



4 MINUTES: Permanent brain damage sets in

8-10 MINUTES: Brain death can occur

When CPR is provided immediately after sudden cardiac arrest, a victim's chance of survival can

DOUBLE or TRIPLE

Before you start

1. Check for responsiveness

- Tap the shoulder and shout, "Are you OK?"

Are you OK?



2. If victim isn't breathing or only gasps occasionally, contact emergency services

- If others are nearby, have someone call 911
- If you are alone, call 911, provide details and begin CPR
- Lay the victim on their back and kneel next to their head and shoulders



CPR for adults and children 8 and older

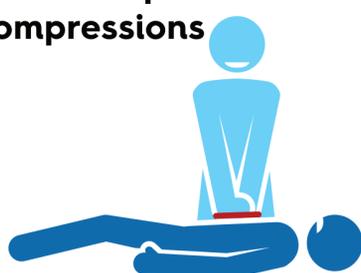
If not breathing or only gasping:

Position



Keep your elbows straight and position your hands one on top of the other in the center of the chest

Give 30 rapid chest compressions



To a depth of at least 2 inches, at a rate of 100-120 compressions per minute. Let the chest rise completely after each compression

Tilt the head and lift the chin



Give 2 rescue breaths

Each lasting 1 second



Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

CPR for young children and infants

If not breathing or only gasping:

Position



INFANTS TO AGE 1
Position first 2 fingers or 2 thumbs just below the nipple line

YOUNG CHILDREN
Position one or two hands in the center of the chest

Give 30 rapid chest compressions

Let the chest rise completely after each compression



INFANTS TO AGE 1 & YOUNG CHILDREN
Press down 1/3 of the chest's depth, at a rate of at least 100 per minute

Tilt the head and lift the chin



Give 2 rescue breaths



INFANTS TO AGE 1
Make a complete seal over the mouth and nose, then give 2 rescue breaths

YOUNG CHILDREN
Pinch the nose shut and make a complete seal over the mouth, then give 2 rescue breaths

Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

Compression-only CPR

If the rescuer is unable or unwilling to provide rescue breaths,

perform compressions continuously at a rate of 100-120 compressions per minute.



NSC First Aid training saves lives!

Learn more about classroom, online and onsite training at nsc.org/firstaid