

# **2/7 Meeting: CPR**

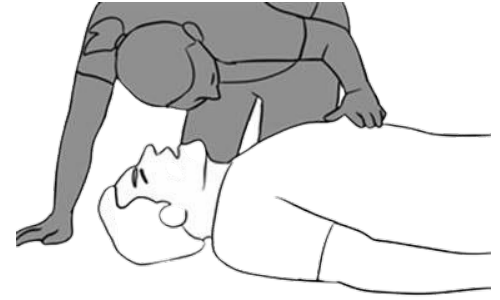
**Please take a seat and sign in!**

# CPR Info

- Cardiopulmonary Resuscitation
- Helps save lives during heart attacks
  - Heart beat stops/turns ineffective
- Helps to circulate blood to brain & other organs



# Adult CPR Steps P1



1. CHECK the scene for safety & USE personal protective equipment (**ex. gloves**) in case of open wounds
2. CHECK for responsiveness (**ex. shouting**), breathing, life-threatening injuries
3. If victim is unresponsive, not breathing/gasping **CALL 911**
4. Kneel beside victim & place them on BACK on **firm, flat** surface



# Adult CPR Steps P2

5. Give **30** chest compressions:

- Hand position—two hands centered on chest
- Body position—shoulders directly over hands with elbows locked
- Depth: at least 2 inches
- Rate: 100–120 per minute
- Allow chest to return to normal position after each compression



# Adult CPR Steps P3

## 6. Give 2 breaths:

- Open the airway using head-tilt/chin-lift technique
- Pinch the nose shut, take a normal breath, and make a complete seal over the victim's mouth with your mouth
- Ensure each breath lasts about 1 second and makes chest rise
- Allow air to exit before giving next breath

7. Continue giving sets of 30 chest Compressions and 2 breaths. Minimize interruptions to chest compression to **less than 10 seconds**

