

## Is your jobsite prepared?

# CPR

### Get Help!

- Activate emergency response: **Call 911** and shout for help
- **Get AED**, turn it on and follow prompts when it arrives



### Signs of Life

- No Response? Abnormal breathing?
- Perform CPR immediately



### C ompressions x 30

- Place two hands on center of chest
- **Push hard** (5cm deep) **Push fast** (100/min)



### A irway

- Push chin up and tilt head back
- Clear any obstructions with finger sweep



### B reaths x 2

- Use a pocket mask or bag-valve-mask
- Slow breaths, just enough for the chest to rise



Repeat cycles of **30 breaths** and **2 ventilations** until help arrives

Get certified today! [redcross.org/workplace](http://redcross.org/workplace)