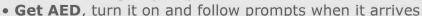


Is your jobsite prepared?



Get Help!







Signs of Life

- No Response? Abnormal breathing?
- Perform CPR immediately





ompressions x 30

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





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