

# 7 STEPS

# How to Perform CPR on an Adult



## 01

### MAKE SURE THE SCENE IS SAFE

Check the area for anything unsafe, including exposed electrical wires, weapons, air contamination, etc.



## 03

### CALL 911 AND GET AN AED

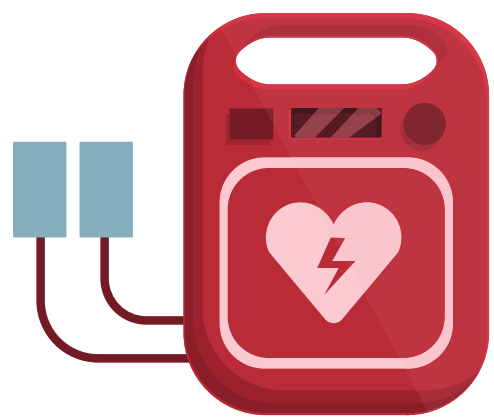
If the person does not respond and is not breathing, call 911 and get an AED, or tell someone to do so.



## 05

### GIVE 30 CHEST COMPRESSIONS

Place your hands over the center of the person's chest (between the nipples) with your fingers interlocked. Keep your shoulders directly over your hands and your elbows locked. Administer 30 chest compressions, 2 inches deep, at a rate of 100-120 per minute. Be sure to allow the chest to return to normal position after each compression.



## 07

### CONTINUE GIVING CPR

Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available. Minimize interruptions to chest compressions to less than 10 seconds.

## 02

### CHECK FOR RESPONSIVENESS



Check if the person is unconscious by tapping them on the shoulder and loudly asking if they are okay. Check for breathing and pulse.

## 04

### PREPARE TO GIVE CPR



Get yourself and the person in position for CPR. Kneel beside the person and place them on their back on a firm, flat surface.

## 06

### GIVE 2 BREATHS

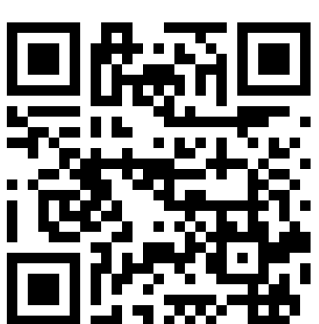


Open the airway by putting your palm on the person's forehead and gently tilting the head back. With your other hand, gently lift the chin forward. Pinch the nose shut, take a normal breath, and make a complete seal over the person's mouth with your mouth. Ensure each breath lasts about 1 second and makes the chest rise.

\*If you are uncomfortable giving rescue breaths, simply continue giving chest compressions until an AED is available.

**Sources:** <https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>  
<https://www.mayoclinic.org/first-aid/first-aid-cpr/basics/art-20056600>

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