

# CPR FIRST AID

## EMERGENCY PROCEDURE

### Step #1

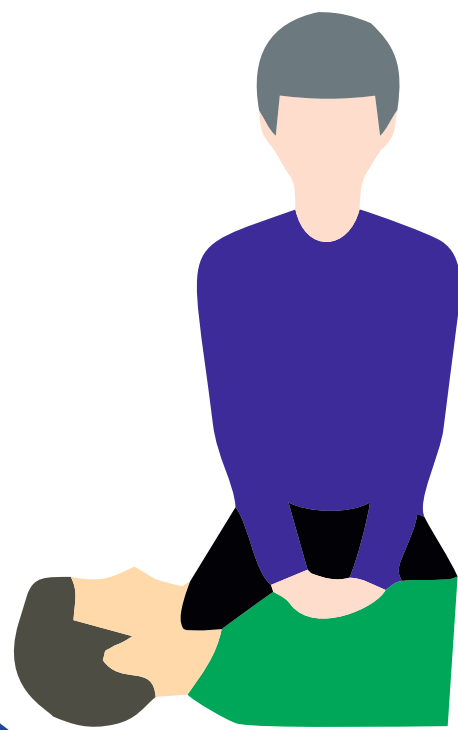
#### CALL



for help

### Step #2

#### PUMP

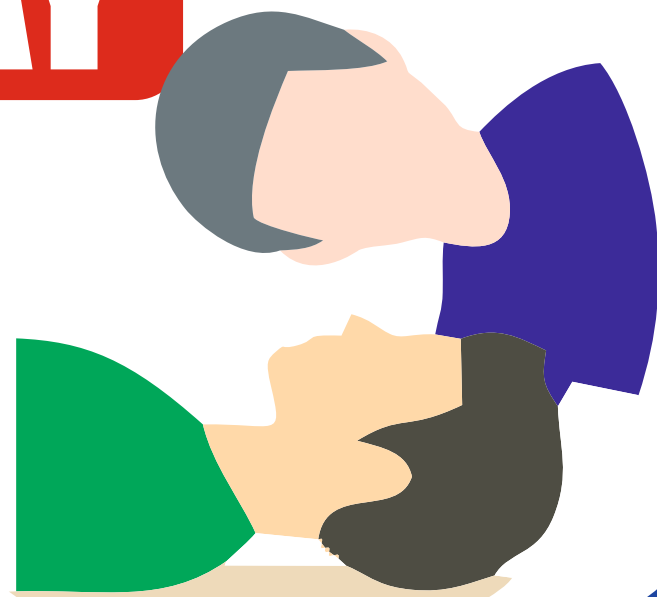


Position hands at the center of the chest. Push down hard and fast 30 times (100 times/min), compress 2 in (4-5 cm).

### Step #3

#### AIRWAY

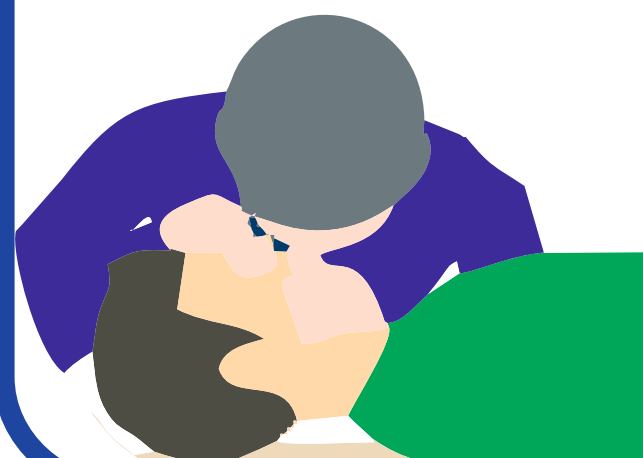
Tilt head back, lift the chin to open airway. Check breathing.



### Step #4

#### BLOW

Give 2 breaths, continue 30 pump / 2 breaths.



### Step #5

#### SECURITY POSITION

Put the victim in the security position.



Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal