

IF THE VICTIM IS NOT BREATHING AND HAS NO PULSE:

1 GIVE 30 CHEST COMPRESSIONS



- **Adult:** Compression at least 50 millimeter deep.



- **Child:** Compression about 50 millimeter deep.



- **Infant:** Compression about 40 millimeter deep.

2 GIVE 2 VENTILATIONS

- Each ventilation should last about **1** second and make the chest clearly rise.
- Let the chest fall before giving the next ventilation.



3 PERFORM CYCLES OF 30 CHEST COMPRESSIONS AND 2 VENTILATIONS.

- **Do not stop CPR except in one of these situations:**
 - You see an obvious sign of life, such as breathing.
 - An AED is ready to use.
 - Another trained responder takes over.
 - More advanced medical personnel takes over.
 - You are presented with a valid DNR order.
 - You are too exhausted to continue.
 - The scene become unsafe.