



**American  
Red Cross**

**Lifesaving  
CPR Steps**

Local Emergency  
Telephone Number

### Check

- ✓ Check the scene for safety
- ✓ Check the victim for consciousness, breathing and signs of circulation

### Call

- ✓ Dial 9-1-1 or local emergency number
- ✓ If alone and victim is under 8 years old, give 1 minute of care, then call 9-1-1

### Care

- ✓ Care for conditions you find

#### INFANTS

(birth to 1 year)

**If infant is not breathing and has no signs of circulation...**



Give 5 chest compressions



Give 1 rescue breath

Repeat sets of 5 compressions and 1 rescue breath. Check for signs of circulation after 1 minute and every few minutes after that.

#### CHILDREN

(1 to 8 years old)

**If child is not breathing and has no signs of circulation...**



Give 5 chest compressions



Give 1 rescue breath

Repeat sets of 5 compressions and 1 rescue breath. Check for signs of circulation after 1 minute and every few minutes after that.

#### ADULTS

**If adult is not breathing and has no signs of circulation...**



Give 15 chest compressions



Give 2 rescue breaths

Repeat sets of 15 compressions and 2 rescue breaths. Check for signs of circulation after 1 minute and every few minutes after that.



**American  
Red Cross**

*Together, we can save a life*

## THE SKILLS TO SAVE A LIFE...

American Red Cross lifesaving training can give you the skills and confidence to safely act in an emergency.

### *Don't Delay—Get Trained!*

First aid, CPR and automated external defibrillation (AED) training can mean the difference between life and death.



For more information, contact your local American Red Cross chapter or visit [www.redcross.org](http://www.redcross.org)

This poster should not be used as a substitute for training. If you do not have a breathing barrier or disposable gloves available, do not delay care.