

# Lifesaving **CPR Steps**

### 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

#### Care

CHIEDREN

✓ Care for conditions you find



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

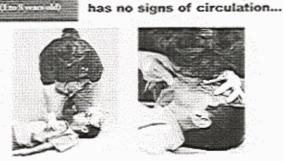




Give 5 chest compressions

Give I 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.





If child is not breathing and

Give 5 chest compressions

Give I 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...



compressions



Give 2 rescue breaths

Give 15 chest

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



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 socrou-redeross.org

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