

BE A LIFESAVER!!

CPR is as easy as

C-A-B

Immediately CALL 9-1-1, If the victim is unresponsive Begin Compressions.



Compressions

Push hard (2in deep) and fast (100/minute) on the center of the victim's chest
30 Chest Compressions



Airway

Tilt the victim's head back and lift the chin to open the airway
Pinch Nose



Breathing

Give mouth-to-mouth rescue breaths
Deliver 2 breaths



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OUR UNIQUE EXPERIENCE MAKES ALL THE DIFFERENCE

'When An Emergency Strikes, Will You Be Ready to Save a Life?' – SECONDS COUNT!!