

## Adult CPR & AED

The single most important rule to remember is this; **Don't panic – Relax**. If you are ever in a situation where you have a victim who is non-responsive then simply follow the steps below:

- Call 9-1-1 or direct someone to call 9-1-1 for you.
- Open the airway – Head-Tilt, Chin-Lift.
- Check for breathing – Look, Listen, and Feel!
- If the victim is not breathing adequately then give 2 breaths.
- Immediately give 30 chest compressions – Hard and fast, approximately 100/min.
- Give sets – 30 chest compressions followed by 2 breaths.
- Continue this pattern until an AED arrives, the victim starts to move, or trained help arrives.
- If an AED arrives then follow the prompts.

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- These steps are approved steps of the American Heart Association (AHA) and the American Safety & Health Institute (ASHI)