

CPR GUIDELINES

ADULTS & CHILDREN 8+ YEARS

1 Dial 911

- If possible, ask someone else to call.
- If you have an AED, have someone else retrieve it.



2 30 Compressions

- Interlock fingers & lock elbows, push firmly at least 2 inches deep.
- Perform 30 compressions, at a rate of at least 3 compressions every 2 seconds.
- If not CPR trained, only perform these cycles of 30 compressions. Go to Step 5.



3 Open Airway

- Place your palm on their forehead & gently tilt their head back. With your other hand, gently lift their chin forward to open airway.
- Check for normal breathing.



4 Two Breaths

- Keep their airway open, pinch nostrils shut & cover their mouth with yours.
- Give two gentle breaths.
- Each breath should last 1 full second. Look to see if chest rises with each breath.



5 Perform 5 Total Cycles

- Repeat each compression and breath cycle up to five times or until the person begins breathing.
- Use an AED if available.



We are the David Brearley 10th Grade Scholars' Academy. This program takes a different spin on the traditional honors and AP tracks. Every year we complete a Service Learning Project to benefit our community. This year we decided to make a pamphlet of emergency numbers and information for Kenilworth residents.

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In Case of
an
Emergency
Call

911



