



FEMA REGION II

ABC's of CPR



Airway: Place victim flat on their back on a hard surface. head-tilt/chin-lift open victims' airway by tilting their head back with one hand while lifting up their chin with your other hand.

Breathing: Look, listen and feel for breathing (5-10 seconds). If not breathing, pinch victims nose closed and give 2 full breaths into the victim's mouth.

Circulation: Check for pulse by feeling for 5-10 seconds at side of victims' neck. If there is a pulse but victim is not breathing, give rescue breaths at a rate of 1 breathe every 5 seconds. If there is no pulse and the victim is not breathing, begin chest compressions at a rate of 15 compressions to every 2 breaths.



You can also learn hands-only CPR by watching this 2 minute video:

<http://www.redcross.org/get-hep/prepare-for-emergencies/be-redcross-ready/hands-only-cpr>

