

# CALL



**CALL 911**

# PUMP



**POSITION HANDS  
IN THE CENTER OF  
THE CHEST**



**PUSH DOWN IN  
THE CENTER OF THE  
CHEST HARD AND  
FAST TWO INCHES  
30 TIMES. PUMP  
AT 100/MIN**

# BLOW



**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**GIVE TWO  
BREATHS**

**CONTINUE WITH 30 PUMPS AND TWO BREATHS  
UNTIL HELP ARRIVES**