It's a fact—CPR saves lives!

Each year in the United States, more than 395,000 people suffer sudden cardiac arrest.

Fewer than 6% of sudden cardiac arrest victims survive*

When CPR is provided immediately after sudden cardiac arrest, a victim's chance of survival can improve.

DOUBLE or TRIPLE

Before you start:

1. Check for responsiveness: “Are you okay?”
2. If victim isn’t breathing or only gasps, contact emergency services.
   • If you are alone, call 911; someone else should begin CPR.
   • If you are not alone, two people should call 911 and one should begin CPR.

CPR for adults and children 9 and older:

If not breathing or only gasping:

**Position**

Keep your arms straight and position your hands one on top of the other in the center of the chest.

**Tilt the head and lift the chin**

To a depth of at least 2 inches, at a rate of at least 100 per minute. Let the chest come completely flat after each compression.

**Give 2 rescue breaths**

Each breath should last one second.

Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

CPR for young children and infants:

If not breathing or only gasping:

**Position**

In infants:

- Position the entire heel of one hand on the center of the chest.

In young children:

- Position one or two fingers in the center of the chest.

**Tilt the head and lift the chin**

To a depth of at least 2 inches, at a rate of at least 100 per minute.

**Give 2 rescue breaths**

Each breath should last one second.

Continue cycle of 30 compressions and 2 rescue breaths until:

- Victim wakes up
- An AED is brought to the scene and is ready to use
- Professional help arrives and takes over

Compression-only CPR

If the rescuer is unable or unwilling to provide rescue breaths, compression-only CPR can be performed at the rate of at least 100 compressions per minute.

NSC First Aid training saves lives!

*References:

- American Heart Association, “2015 American Heart Association Guidelines for CPR and ECC.”
- National Safety Council, “First Aid and CPR.”
- American Red Cross, “CPR & Automated External Defibrillator (AED).”

Learn more about classroom, online, and blended training at nsc.org/training.