When CPR is provided immediately after sudden cardiac arrest, a victim’s chance of survival can be significantly improved. CPR saves lives and can double or triple the chance of survival.

**Before you start**

1. Check for responsiveness
   - Tap the shoulder and shout, “Are you OK?”

2. If victim isn’t breathing or only gasps occasionally, contact emergency services
   - If others are nearby, have someone call 911
   - If you are alone, call 911, provide details and begin CPR
   - Lay the victim on their back and kneel next to their head and shoulders

**CPR for adults and children 9 and older**

**If not breathing or only gasping:**

- **Position**
  - Keep your elbows straight and position your hands one on top of the other in the center of the chest

- **Give 30 rapid chest compressions**
  - To a depth of at least 2 inches, at a rate of at least 100 per minute. Let the chest rise completely after each compression

- **Tilt the head and lift the chin**
  - Each lasting 1 second

- **Give 2 rescue breaths**
  - If not breathing or only gasping: 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**
  - INFANTS TO AGE 1: Position first two fingers of one hand just below the nipple line
  - YOUNG CHILDREN: Position one or two hands in the center of the chest

- **Give 30 rapid chest compressions**
  - INFANTS TO AGE 1 & YOUNG CHILDREN: Press down 1/3 of the chest’s depth, at a rate of at least 100 per minute

- **Tilt the head and lift the chin**

- **Give 2 rescue breaths**
  - INFANTS TO AGE 1: Make a complete seal over the mouth and nose, then give 2 rescue breaths
  - YOUNG CHILDREN: Pinch the nose shut and make a complete seal over the mouth, then give 2 rescue breaths

**Compression-only CPR**

If the rescuer is unable or unwilling to provide rescue breaths, perform compressions continuously at a rate of at least 100 per minute.

**NSC First Aid training saves lives!**

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

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*Significant fraction of sudden cardiac arrest victims survive if CPR is provided immediately after arrest.*

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**WHAT HAPPENS WHEN YOU STOP BREATHING?**

**WITHOUT OXYGEN**

4 MINUTES: Permanent brain damage sets in

8-10 MINUTES: Brain death can occur

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**EACH YEAR IN THE U.S., MORE THAN 356,000 PEOPLE SUFFER SUDDEN CARDIAC ARREST**

Fewer than 10% of sudden cardiac arrest victims survive.

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**IT’S A FACT**

CPR saves lives!