

Skill Sheet 3-1

Giving CPR to an Adult

1. Verify that the person is unresponsive and not breathing.

- Shout to get the person's attention, using the person's name if you know it. If the person does not respond, tap the person's shoulder and shout again while checking for normal breathing.
- If the person does not respond and is not breathing or only gasping, continue to step 2.



2. Place the person on his or her back on a firm, flat surface. Kneel beside the person.

3. Give 30 chest compressions.

- Place the heel of one hand in the center of the person's chest, with your other hand on top. Position your body so that your shoulders are directly over your hands.
- Keeping your arms straight, push down at least 2 inches, and then let the chest return to its normal position.
- Push hard and push fast! Give compressions at a rate of 100–120 compressions per minute.



4. Give 2 rescue breaths.

- Place the breathing barrier over the person's nose and mouth.
- Open the airway. (Put one hand on the forehead and two fingers on the bony part of the chin and tilt the head back to a past-neutral position.)
- Pinch the nose shut and make a complete seal over the person's mouth with your mouth.
- Take a normal breath and blow into the person's mouth for about 1 second, looking to see that the chest rises.
- Take another breath, make a seal, then give the second rescue breath.



Note: If the first rescue breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the second rescue breath. If the second breath does not make the chest rise, an object may be blocking the airway. After the next set of chest compressions and before attempting rescue breaths, open the mouth, look for an object and, if seen, remove it using a finger sweep. Continue to check the person's mouth for an object after each set of compressions until the rescue breaths go in.

(Continued)

Skill Sheet 3-1

Giving CPR to an Adult continued

5. Continue giving sets of 30 chest compressions and 2 rescue breaths until:
 - You notice an obvious sign of life.
 - An AED is ready to use and no other trained responders are available to assist you with the AED.
 - You have performed approximately 2 minutes of CPR (5 sets of 30:2) and another trained responder is available to take over compressions.
 - EMS personnel take over.
 - You are alone and too tired to continue.
 - The scene becomes unsafe.