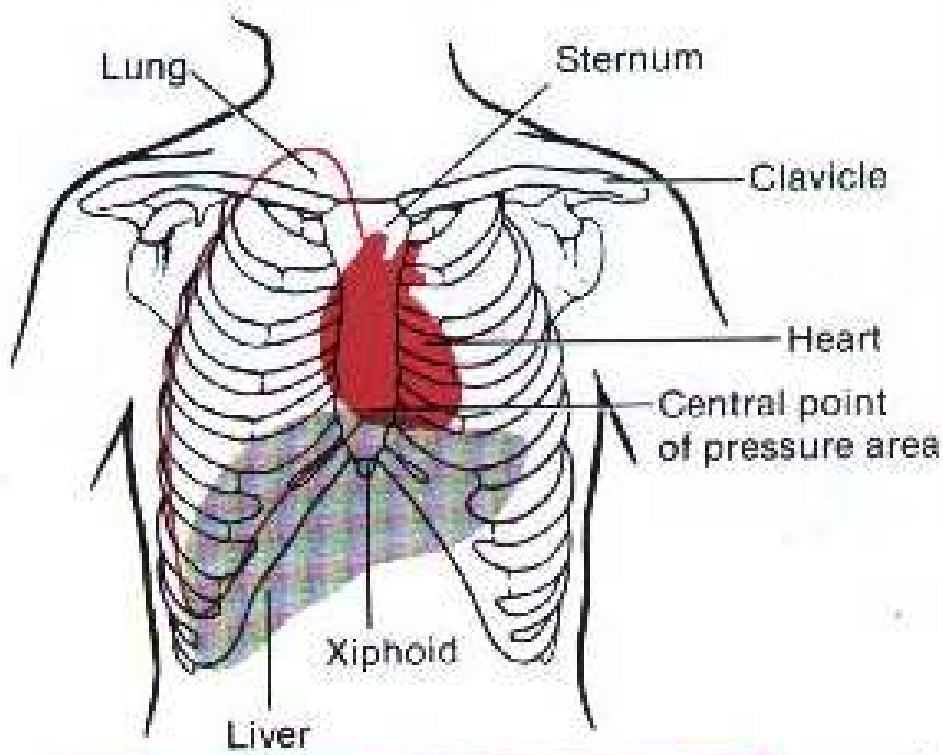


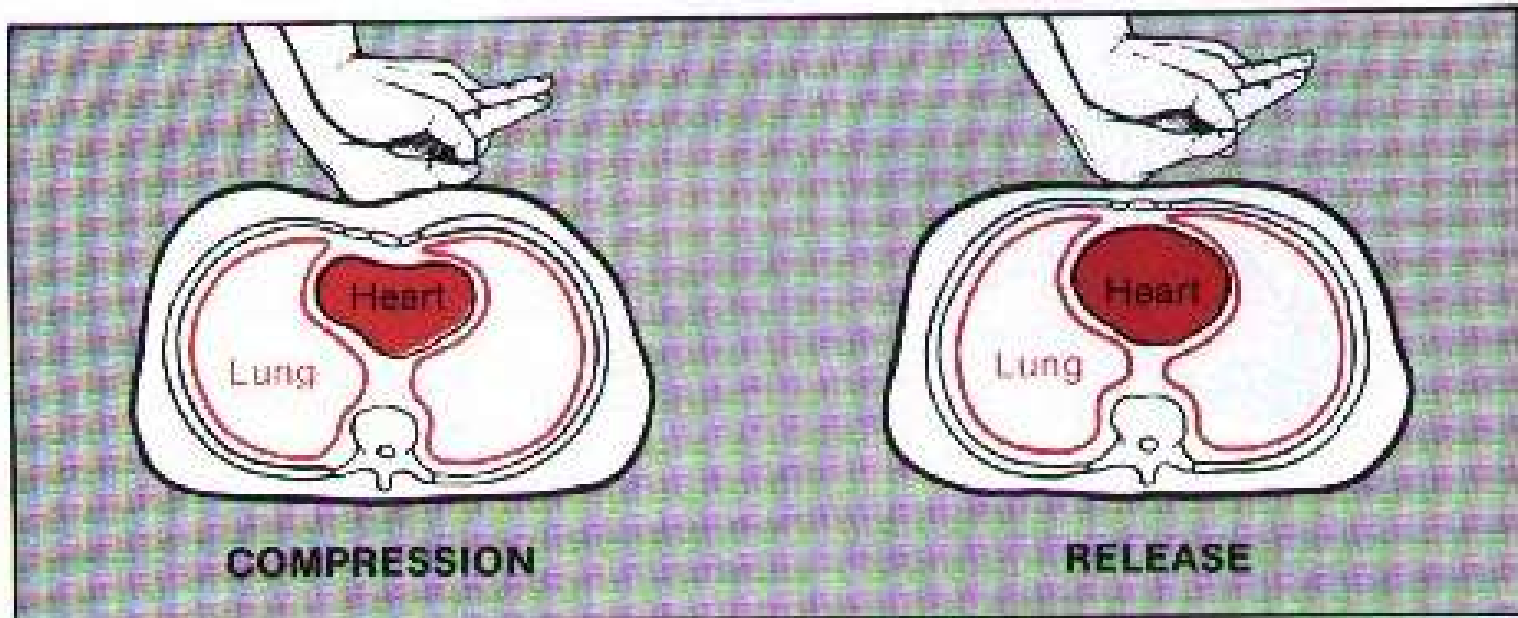
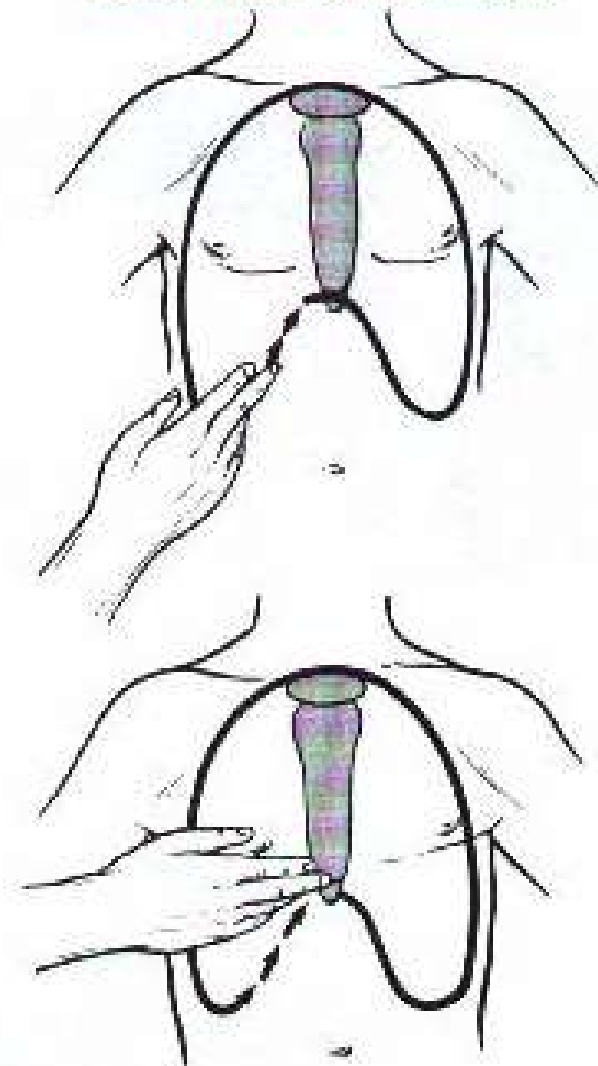
Proper Hand Placement for CPR

LOCATION OF XIPHOID



Posterior movement of xiphoid may lacerate liver. Lowest point of pressure on sternum must be at xiphisternal junction or slightly above.

LOCATING OF XIPHOID



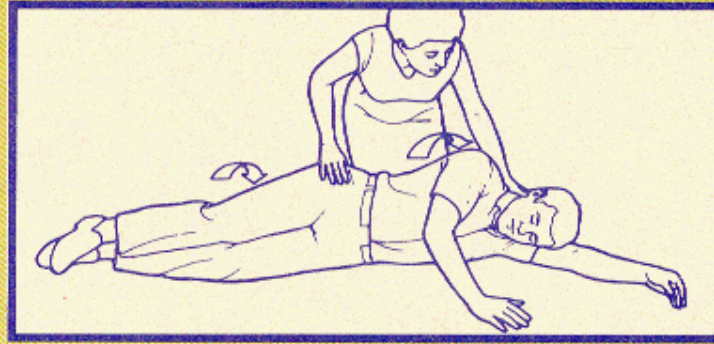
CPR: 11 Steps to Save a Life



- 1. Does the person respond?**
- Tap or gently shake victim
 - Shout, "Are you O.K.?"



- 2. Shout, "Help!"**
- Call out to people who can phone for help.



- 3. Roll person onto back.**
- Roll victim toward you by pulling slowly.



- 4. Open airway and check for breathing.**
- Tilt head back and lift chin.
 - Look, listen and feel for breathing for 3 to 5 seconds.



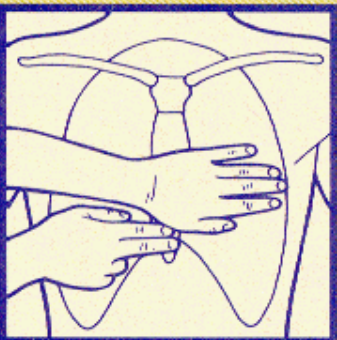
- 5. Give 2 full breaths.**
- Keep head tilted back.
 - Pinch nose shut.
 - Seal your lips tight around victim's mouth.
 - Give 2 full breaths for 1 to 1½ seconds each.



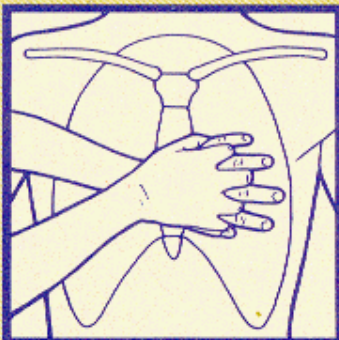
- 6. Check for pulse at side of neck.**
- Feel for pulse for 5 to 10 seconds.



- 7. Phone EMS for help.**
- Send someone to call an ambulance.



- 8. Find hand position.**
- Locate notch at lower end of breastbone.
 - Place heel of other hand on breastbone next to fingers.
 - Remove hand from notch and put it on top of other hand.
 - Keep fingers off chest.



- 9. Give 15 compressions.**
- Position shoulders over hands.
 - Compress breastbone 1 to 1½ inches.
 - Do 15 compressions in approximately 10 seconds.



- 10. Give 2 full breaths.**
- Tilt head back and lift chin.
 - Pinch nose shut.
 - Seal your lips tight around victim's mouth.
 - Give 2 full breaths for 1 to 1½ seconds each.

11. Repeat compression/breathing cycles.

- Do 4 cycles of 15 compressions and 2 breaths.
- Recheck pulse after 1 minute. If no pulse, give 2 full breaths and continue CPR.

LOCAL EMERGENCY NUMBER (POLICE OR EMS)

DIAL 911 OR:

TO LEARN ADULT CPR, CALL YOUR LOCAL RED CROSS CHAPTER.