ADULT CPR REFERENCE

1. **TAP AND SHOUT**
   - Call for help
   - LOCAL EMERGENCY NUMBER ______________________
   - Get AED or send someone to get AED

2. **CHECK FOR BREATHING**
   - Open airway — Look + Listen + Feel
   - If not breathing normally give 2 breaths

3. **START CHEST COMPRESSIONS**
   - Push hard & fast (100/min)
   - Compress & breathe at a ratio of 30 to 2
   - Release pressure completely
   - Minimize interruptions

AED REFERENCE

4. **TURN ON AED**
   - Bare chest and apply electrode pads
   - Follow visual and voice prompts