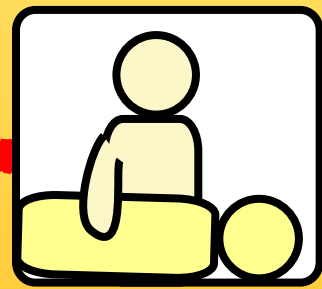


# CPR for adults



Check for a response.  
"Are you OK?"



Call for help.



**A**irway  
Tilt back head to open airway.

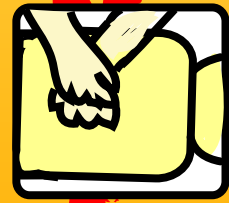


**B**reathing  
Pinch nose and give 2 full breaths.



**C**ompressions  
Push on chest 30 times, faster than 1/sec.

Repeat until help arrives.



Interlock hands in center of chest.

## Detailed Instructions:

