

How To Do The New CPR

Here is a step-by-step guide for the new CPR:

1. Call 911 or ask someone to call. Send a staff person for an AED.
2. Check to see if the person responds, if he/she doesn't roll the person on his or her back-log roll the person to prevent further injury.
3. Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
4. Press down so you compress the chest at least 2 inches in adults and children and 1 1/2 inches in infants. One hundred times per minute or even slightly faster is recommended. Think of the beat of the Bee Gee's song "Stayin' Alive"-similar to the rate of 100 compressions per minute
5. If you have been trained in CPR, you can now open the airway with a head tilt and chin lift
6. Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, 1 second breaths as you watch for the chest to rise
7. Continue compressions and breaths----30 compressions and two breaths-----until help arrives

