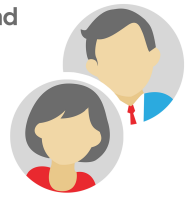
Save a Life CERTIFICATIONS™ BY NHCPS

Do you know CPR?

CPR for Adults



1. Make sure the scene and area around the person is safe.
2. Tap the person and talk loudly: "Are you okay?"
3. Yell for help. Use a cellphone to call 911 and send a bystander to get an AED.
4. Check the person's breathing.
5. If the person is not responding, breathing, or only gasping, start CPR.
6. Give 30 compressions at a rate of 100-120 beats per minute and at a depth between 2-2.4 inches (5-6 cm). Let the chest rise back up before you start your next compression.
7. Open the airway and give 2 breaths.

CPR for Children

1. Make sure the scene and area around the child is safe.
2. Tap the child and talk loudly: "Are you okay?"
3. Yell for help.
4. Check breathing.
5. If not responding and not breathing or only gasping, then give 5 sets of 30 compressions and 2 breaths.
6. Call 911 and get an AED.
7. Resume CPR and give compressions and breaths.

Continue giving compressions and breaths until the EMS arrives.

Compression for Adults

1. Position the person on their back on a firm, flat surface.
2. Remove or open up clothing at the neck and chest area.
3. Feel for the end of the breastbone (sternum).
4. Place the heel of one hand on the lower half of the breastbone. Avoid pressing down on the very end of the breastbone as the bony tip, called the xyphoid process, may break off and slash the liver, resulting in internal bleeding. Put the other hand on top of the first.
5. Press straight down at a rate of 100-120 beats per minute and at a depth between 2-2.4 inches (5-6 cm).
6. Let the chest recoil completely between compressions. Your hands should remain in contact with the person, without bouncing or leaning on the person.

Performing proper CPR is often tiring. Ask to switch positions when tired if another rescuer is available to help. Monitor each other's performance, providing encouragement and offering to switch when fatigue sets in.

Compression for Children

1. Position the child on their back on a firm, hard surface.
2. Move any clothing away from the chest.
3. Place the heel of one hand on the lower half of the breastbone.
4. Push straight down approximately at least one third the depth of the chest. In most children this will be about 2 inches (5 cm). Compressions should be delivered at a rate of 100-120 beats per minute.
5. Let the chest recoil to its normal position after every compression.

- Either one-handed or two-handed compressions can be used in child CPR.
- Performing CPR can be tiring! If someone is available to help, change rescuer positions.

How to Use an AED

1	2	3	4	5	6	7
Turn the power on	Expose the chest	Apply pads on the victim	Connect the pads	Clear the person	Analyze the rhythm	Follow the prompts

To become certified in CPR, AED & First Aid visit SaveaLife.com.
Redeem a free CPR certification course using coupon code CPRSTEPS.