

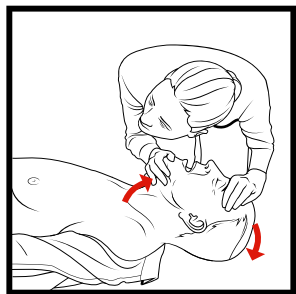
Cut this out, pin it to your wall, Xerox it for a friend
or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

CALL

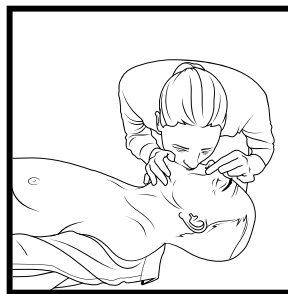


CALL 911

BLOW

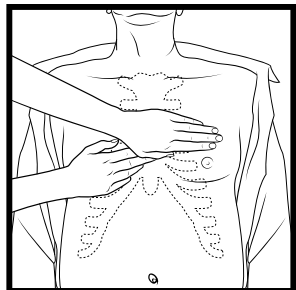


**TILT HEAD,
LIFT CHIN,
CHECK
BREATHING**

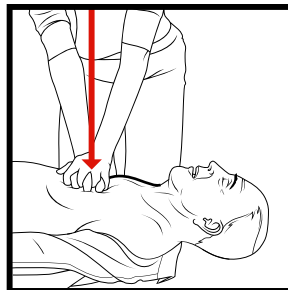


**GIVE TWO
BREATHS**

PUMP



**POSITION HANDS
IN THE CENTER OF
THE CHEST**



**FIRMLY
PUSH DOWN
TWO INCHES
ON THE CHEST
30 TIMES**

**CONTINUE WITH TWO BREATHS
AND 30 PUMPS UNTIL HELP ARRIVES**