

How to use your wallet card

1. Cut along the **outer** edge of the dotted line
2. Fold the card in half
3. Place in your wallet

**STAY
CALM**

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ADULT CPR

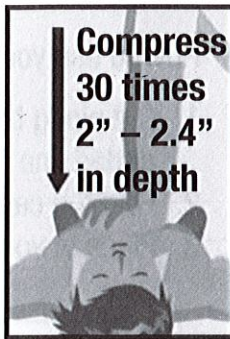
- Verify Scene Safety
- Tap and Shout
- Yell for Help!
- Call 911, Get the AED
- Check for Breathing

C **COMPRESSIONS**

- Push Hard
- Push Fast
- 100-120 P/M


- Use 2 hands on the center of the chest on the Lower Half of the Sternum

Compress 30 times 2" – 2.4" in depth



A **AIRWAY - Open The Airway**

- Use the Head-tilt /Chin-lift
- Pinch the Nose Closed



B **BREATHS - Give 2 Breaths**

- Return quickly to Chest Compressions
- Use the AED as soon as it Arrives



CHILD CPR

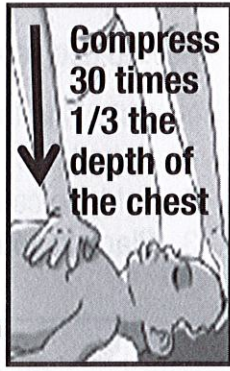
- Tap and Shout
- Yell for Help!
- Call 911, Get the AED
- Check for Breathing

C **COMPRESSIONS**

- Push Hard
- Push Fast
- 100-120 P/M


- Use 1 or 2 hands on the Lower Half of the Sternum
- Elbow(s) over wrist(s)

Compress 30 times 1/3 the depth of the chest



A **AIRWAY - Open The Airway**

- Use the Head-tilt /Chin-lift
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B **BREATHS - Give 2 Breaths**

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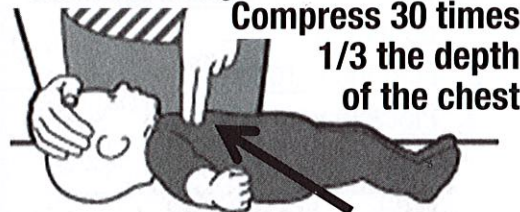
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INFANT CPR

- Tap the Foot
- Yell for Help! Have Someone:
 - Call 911 & Get the AED
- Check for Breathing

C



- Place 2 fingers just below the nipple line

A

AIRWAY - Create a Neutral Airway

- Cover the Infant's Mouth and Nose with your mouth



B

BREATHS - Give 2 Puffs of Air

- Return quickly to Chest Compressions
- Use the AED as soon as it Arrives



ADULT CHOKING

Ask the person, "Are you choking?" If they are coughing, talking, or breathing **DO NOT INTERFERE.** If they cannot make a sound start the Heimlich maneuver.

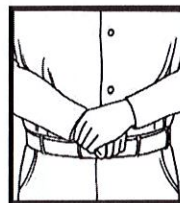
Signs and symptoms

- clutching the throat
- coughing, wheezing
- having difficulty speaking or swallowing
- making strange sounds or no sounds at all



Make a fist and place it slightly above the navel, thumb side inward.

Grasp the fist with the other hand. Press hard into the abdomen with a quick upward thrust.



Continue uninterrupted until the obstruction is relieved. If the person becomes unconscious, call for help and start CPR with 30 compressions.