

This quick-reference instruction guide is not intended to replace First-Aid, CPR, or medical training.



1. Call, or have someone call, 9-1-1
2. Lay person on their back and check airway
3. If they are not breathing, open airway, begin CPR
4. Give 30 chest compressions
5. Give 2 rescue breaths
6. Repeat cycles until medical assistance arrives

POCKET CPR

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