

HEARTSAVER®















- 1. Tap and shout.
- 2. Shout for help. Phone or send someone to phone 9-1-1.
- 3. Look for no breathing or only gasping.
- Push hard and fast in the center of the chest at a rate of 100 to 120 compressions per minute. Give 30 compressions.
- 5. Open the airway and give 2 breaths.
- 6. Repeat sets of 30 compressions and 2 breaths.
- 7. If you are alone after 5 sets of 30 compressions and 2 breaths, take the infant with you to phone 9-1-1 and get an AED. Continue to provide CPR.