Adult One Rescuer
CPR Check List

Use mouth barrier & exam gloves always!

- Yell, "ARE YOU OK?" Look - Listen - Feel
- Call 911 - NOW! - Return to help me!
- Open airway: Grasp nose & chin and tilt head, not neck.
- Chk for breathing, give **2** slow breaths (1-2 sec)
- **30** chest compressions (One and, Two and...)
- After 5 cycles; Look - Listen - Feel
- Continue **30:2** cycle

(Stayin' Alive song beat)

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