

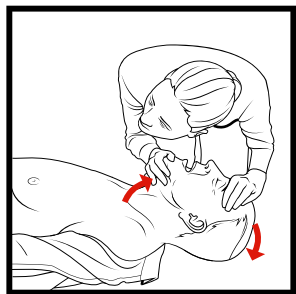
Cut this out, pin it to your wall, Xerox it for a friend  
or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

# CALL

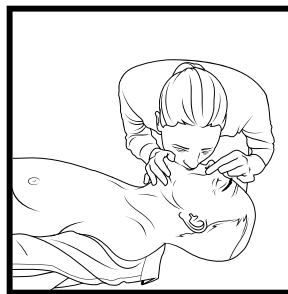


**CALL 911**

# BLOW

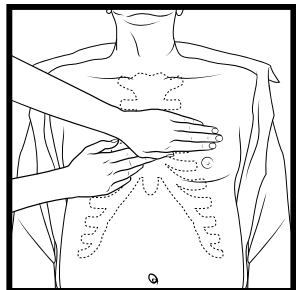


**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**

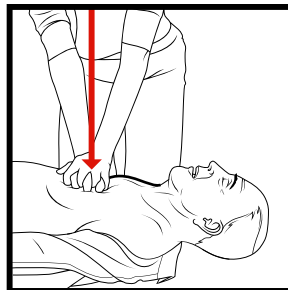


**GIVE TWO  
BREATHS**

# 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**