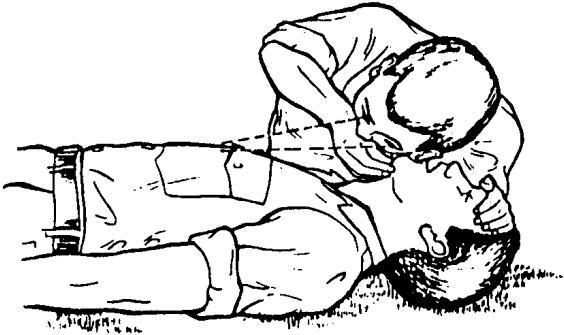


How to perform CPR on an adult Instructions for helping a bystander to resuscitate someone in need	
1. Recognize that someone needs help (they are lying unconscious and are not acting normally)	
2. Test consciousness: Shake victim's shoulder and yell, if they do not respond, squeeze firmly the trapezius muscle (located between your shoulder and neck as indicated in photo).	
3. Check for breathing: Place your ear above patient's mouth/nose and watching for the chest to rise/fall due to lung expansion. Patients in need of CPR will not be breathing.	
4. If not breathing, check for pulse: Place your pointer and middle finger right underneath their mid-jawline to the side of the trachea and feel for a pulse for about ten seconds.	

5. If patient is not breathing and a pulse is not present, indicate for someone (bystander) to call 9-1-1 (don't really call but in an actual crisis, it is imperative that someone calls 9-1-1). Also, instruct bystander to locate an AED (Automated External Defibrillator) to bring to the scene while you perform steps 6-11.	
6. Kneel next to the victim.	
7. Place one of your palms on the back of the other hand and interlace fingers	
8. Lock elbows to maintain a straight arm.	
9. Place bottom palm on the victim's breastbone at nipple level.	
10. While hovering at approximately 45 degrees above the victim, compress directly down about 2-3 inches- making sure not to bend your elbows. Immediately decompress patient's chest to normal position.	

11. Repeat compress/decompress process explained in step 10 with a frequency of 100 compressions per minute until bystander mentioned in step 5 returns with the AED.	
How to use an AED (Automated External Defibrillator)	
1. Remove the person's shirt by cutting off with the scissors included with the AED	
2. Remove the film from the bottom of the AED pads.	
3. Follow the image on the AED pads to place pads on the body.	
4. Turn on AED by pushing the power button and follow the auditory instructions.	

5. The AED will either direct you to continue compressions or it will advise to shock the victim. The button that will deliver the shock is located and clearly indicated on AED.	
6. When delivering shock, stand clear of the victim. No physical contact.	
7. Follow AED instructions until a medic arrives. (compressions or deliver another shock)	