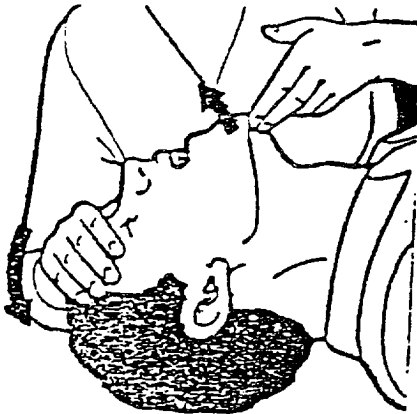
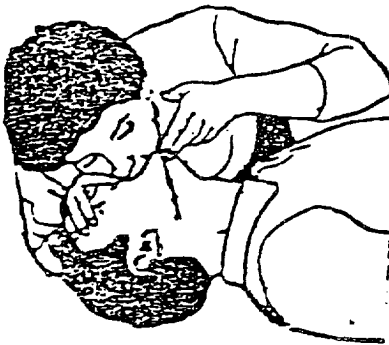


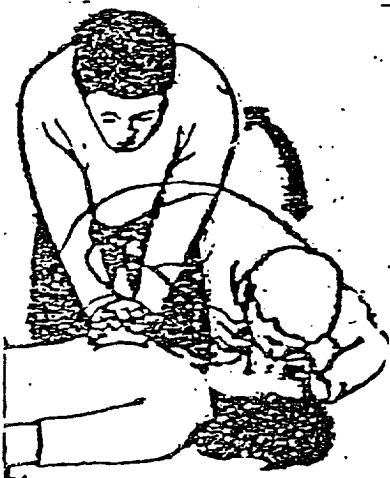
CPR SKILL SHEETS



Give 2 Full Breaths
Open airway with head-tilt/chin-lift.



Pinch nose shut.
Open your mouth wide, take a deep breath, and make a tight seal around outside of victim's mouth.
Give 2 full breaths. Each breath should last 1 to 1 1/2 seconds. Pause between each breath for you to take a breath.
Look for chest to rise and fall. Listen and feel for escaping air.



Decompression/Breathing Cycles
Do 3 more cycles of 15 compressions and 2 breaths.