Giving Chest Compressions to Adults

1. **Ensure the person is on their back** on a firm, flat surface.

2. **Kneel beside the person.**
   - Your knees should be near the person's body and spread about shoulder width apart.

3. **Use correct hand placement.**
   - Place the heel of one hand in center of their chest, with your other hand on top.
   - Interlace your fingers and make sure they are up off the chest.

4. **Use correct body position.**
   - Position your body so that your shoulders are directly over your hands.
   - Lock your elbows to keep your arms straight.

5. **Give 30 compressions.**
   - Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).

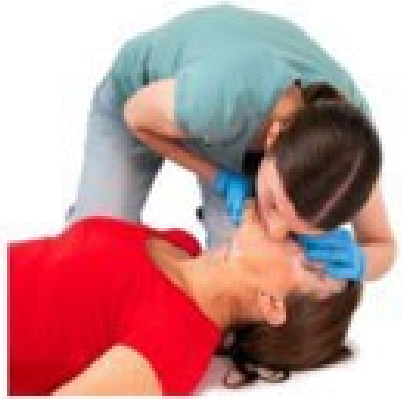
6. **Allow chest to return to its normal position** after each compression.

7. **Give two more sets of compressions.***
   - Take a brief break between each set.

**Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.*

1. **Give 30 chest compressions.**
   - Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).
   - Use correct hand placement.
   - Allow chest to return to its normal position.

2. **Give 2 breaths.**
   - Each breath should last about 1 second and make chest begin to rise.
   - Minimize interruptions to chest compressions to give breaths to less than 10 seconds.



3. **Give two more sets of 30 compressions and 2 breaths.**

1. Ensure the person is on their back on a firm, flat surface.	
2. Kneel beside the person. ■ Your knees should be near the person's body and spread about shoulder width apart.	
3. Use correct hand placement. ■ Place the heel of one hand in the center of their chest, with your other hand on top. ■ Interlace your fingers and make sure they are up off the chest.	
4. Use correct body position. ■ Position your body so that your shoulders are directly over your hands. ■ Lock your elbows to keep your arms straight.	
5. Give **30 compressions.** ■ Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).	**x 30**
6. Allow **chest to return to its normal position** after each compression.	
7. Give **two more sets of compressions.*** ■ Take a brief break between each set of compressions. ** Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.*	**+ 2 more sets**