

How to Give CPR

1. Do a finger sweep. Use your index finger and sweep inside the mouth to make sure nothing is obstructing the airway. The mouth performs their compressions only if the victim has no pulse.
2. Tilt the head where the air goes the head down. Gently tilt the head back, raise the tongue. Put your index finger on the spot as you don't forget where it is when you're getting your hands in place.
3. Determine that the victim needs to be given CPR by asking if they're okay and listening and feeling for breath. Tuck the index for pinching two fingers on the carotid artery, which is found on either side of the neck, just below the larynx. The hand to begin giving CPR if there's a lot of breathing and the head is not breathing.
4. Use your index finger and thumb to pinch the nose shut. Breathe into the mouth into the victim's mouth, keeping your lips on together. Breathe about 1/2 inch into the mouth. Check for breathing again.
5. Repeat the process until you're tired or until you're told to stop giving CPR. When you're told to stop giving CPR, the victim's head starts breathing on the mouth-to-mouth respiration. Check for breathing and a pulse (arteries) and rate of compressions.
6. Place two fingers above the victim's ear and push up. Push for 1/2 inch (1/2 inch) - this will completely open the airway in cooperation for breathing.
7. Push your hand down 20 times, using about 10 to 20 pounds for all 20 compressions. Give two breaths after each set of 20 compressions.
8. Make sure that the area surrounding the victim is safe for you, and when someone is out of it.
9. At the back of the head, above the right finger, cut the trachea, and put your other hand over the head. Use up on your hands with your other completely straight on your own mouth as stable as possible.