Before Giving CPR

1. **Check the scene and the person.** Make sure the scene is safe and then tap the person on the shoulder and ask “are you okay?”

2. **Call 911 for assistance.** If it is apparent that the individual needs help, call (or ask someone else to call) 911.

3. If there is someone else around, have them run and get the nearest AED. (In the BNSN we have one near the front offices on the first floor, just across from the double elevators) Also check out the BYU app for all AED locations on campus.

4. With the individual on their back, open the airway by tilting the head back slightly to lift the chin.

5. **Check for breathing.** Listen carefully, for no more than 10 seconds. If there is no breathing begin CPR.

Performing CPR

1. **Push hard and push fast.** Place your hands, one on top of the other, in the middle of the chest. Use your body weight to help you (shoulders positioned directly over your hands). Compressions should go at least 2 inches deep and at a rate of 100 compressions per minute.

2. Deliver 2 rescue breaths after 30 compressions. To deliver rescue breaths, pinch nose and tilt head back slightly and lift chin.

3. Continue to perform the 30 compressions 2 breaths until the person exhibits signs of life, AED or trained professional arrive.
Severe Chocking

When choking is severe, the person will not be able to speak, cry, cough, or breathe. Without help, they’ll eventually become unconscious.

To help a choking victim use the Heimlich maneuver (over 1-year-old)

1. **Stand behind the person.** Place one foot slightly in front of the other for balance. Wrap your arms around the waist. Tip the person forward slightly. If a child is choking, kneel down behind the child.
2. **Make a fist with one hand.** Position it slightly above the person’s navel.
3. **Grasp the fist with the other hand.** Press hard into the abdomen with a quick, upward thrust — as if trying to lift the person up.
4. **Perform between six and 10 abdominal thrusts** until the blockage is dislodged.