

Good to Know Info

For Compressions:

Hand position: Draw an invisible line armpit to armpit, place your hands in the center.

Body position: Keep your shoulders directly over your hands with elbows locked.

Depth: At least 2 inches

Rate: 100 to 120 per minute

Allow chest to return to normal position after each compression

Note: If there is another person able to assist with compressions, trade out every 2 minutes.

For Giving Breaths:

Open the airway to a past-neutral position using the head-tilt/chin-lift technique

Pinch the nose shut, take a normal breath, and **make complete seal** over the person's mouth with your mouth.

Ensure each breath lasts about 1 second and **makes the chest rise**, allow air to exit before giving the next breath

Note: If the first breath does not cause the chest to rise, re-tilt the head and ensure a proper seal before giving the second breath. If the second breath does not make the chest rise, an object may be blocking the airway.

For AED:

Turn it on.

Follow the prompts.

How to Provide CPR

Check the scene for safety.

Check for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout.

If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so.

Place the person on their back on a firm, flat surface.

Give 30 chest compressions & 2 breaths, or provide compressions only until help arrives.

Use an AED as soon as one is available. Turn it on and follow the prompts and pictures as provided with the AED.

Prepared by:
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Cardio-Pulmonary Resuscitation



What's Inside:

Good to Know Info

Songs for Compression Rates

On Back:

How To Provide CPR

CPR Songs

112bpm *Adventure Of A Lifetime* by Coldplay

113bpm *Immigrant Song* by Led Zeppelin

114bpm *Bad Company*

by Five Finger Death Punch

115bpm *Deep In The Heart Of Texas*

by Gene Autry

115bpm *Respect* by Aretha Franklin

116bpm *You've Got A Friend In Me*

by Randy Newman

116bpm *Ice Ice Baby* by Vanilla Ice

117bpm *Baba O'Riley* by The WHO

118bpm *Always There For You* by Stryper

118bpm *Smooth Criminal* by Michael Jackson

118bpm *Independence Day* by Martina McBride

119bpm *Don't Stop Believin'* by Journey

119bpm *Everybody Loves Somebody*

by Dean Martin

119bpm *Don't Stop* by Fleetwood Mac

120bpm *Fly Me To The Moon* by Frank Sinatra

120bpm *Jingle Bell Rock* by Bobby Helm



100bpm *Second Chance* by Shinedown

102bpm *Saved My Life* by Andy Grammar

102bpm *Who Am I* by Needtobreathe

103bpm *Macarena* by Los Del Rio

103bpm *All You Need Is Love* by The Beatles

104bpm *All Star* by Smash Mouth

104bpm *Stayin' Alive* by The Bee Gees

104bpm *This Is How We Do It*

by Montell Jordan

105bpm *Lets Get It Started* by Black Eyed Peas

106bpm *I Cant Let You Throw Yourself Away*
(*Toy Story 4*) by Randy Newman

107bpm *Survivor* by Zach Williams

107bpm *Take A Chance On Me* by ABBA

108bpm *Getting' Jiggy Wit It* by Will Smith

108bpm *Some Nights* by Fun.

109bpm *Eye Of The Tiger* by Survivor

109bpm *More Than A Feeling* by Boston

109bpm *In The Embers* by Sleeping At Last

110bpm *Now Or Never* by Halsey

110bpm *A Matter Of Trust* by Billy Joel

Maybe Don't Sing Out-Loud Songs

100bpm *Gives You Hell*

by All American Rejects

101bpm *Rock Your Body*

by Justin Timberlake

104bpm *Ring Of Fire* by Johnny Cash

108bpm *Ain't That A Kick In The Head*

by Dean Martin

110bpm *Move Along*

by All-American Rejects

110bpm *Another One Bites The Dust*

by Queen

111bpm *Friends In Low Places*

by Garth Brooks

113bpm *Get Down* by Backstreet Boys

115bpm *Baby Shark* by Pinkfong

118bpm *For Whom The Bell Tolls* by Metallica

120bpm *Come Sail Away* by Styx

