

# CALL



**CALL 911**

# BLOW



**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**GIVE TWO  
BREATHS**

# PUMP



**POSITION  
HANDS IN THE  
CENTER OF  
THE CHEST**



**FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
30 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**