

Product: MG19432 EMERGENCY CPR

Product Size (H x W): 6" x 3.5"

Imprint Area: 1.0" x 3.25"

- Blue Dashed Lines indicate the bleed allowance.
- Orange Solid Lines indicate the die cut area.
- Yellow Dashed Lines indicate maximum imprint area for graphics and text that does not bleed.

EMERGENCY CPR

CARDIAC PULMONARY RESUSCITATION

DON'T PANIC! IF VICTIM IS NOT BREATHING CALL 911 FOR HELP. RETURN TO VICTIM. IF YOU ARE NOT TRAINED IN CPR AND THE VICTIM COLLAPSED IN FRONT OF YOU, USE HANDS-ONLY CPR.

CHEST COMPRESSIONS

Position your hands on the center of victim's chest between the nipples. Push down **firmly** 30 times at a rate of at least 100 pushes per minute.



AIRWAY BREATHING

Open the victim's airway by tilting the head back and lifting the chin. Pinch the nose and cover the mouth with yours. Give 2 full breaths. The person's chest will rise if you are giving enough air. Continue with 30 pumps then 2 breaths until help arrives, an Automated External Defibrillator (AED) becomes available or victim starts to move.

HANDS - ONLY CPR

After calling 911, push on the chest using straight arms and forceful compressions at a rate of at least 100 a minute. Continue until help arrives. *Hands only CPR should not be used on infants, children, drowning victims or adults found unconscious.