CPR for an Adult

Check the person and the person’s ABCs (Airway, Breathing, Circulation). If the person is unresponsive and not breathing normally, call EMS/9-1-1 and get an AED or have someone else do this.

Place both of your hands on the center of the person’s chest. Do 30 chest compressions: Push deeply and steadily.

Open the airway by tilting the head back and lifting the chin. Place your barrier device over the person’s mouth and nose. Give 2 breaths.

Repeat cycles of 30 chest compressions and 2 breaths. Continue CPR until an AED arrives, or more advanced care takes over.

The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app: myrc.redcross.ca 1.877.356.3226