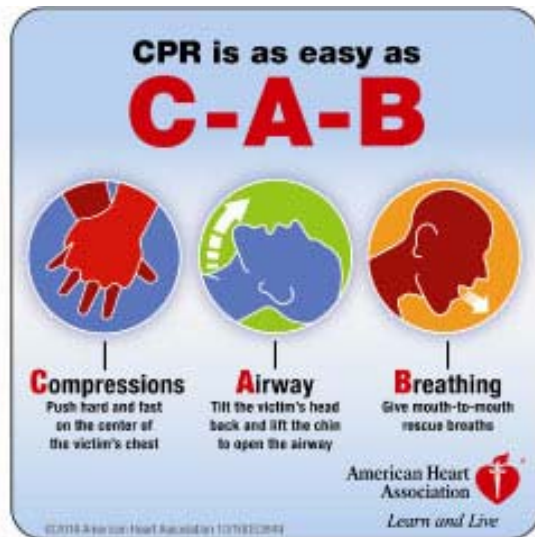


Current Adult CPR Standard



Currently, the first step is chest compressions instead of first establishing the airway and then doing mouth to mouth, C-A-B which stands for compressions, airway, and breathing. Previously, it was A-B-C for airway, breathing and compressions. The old approach, caused delays in chest compressions, which are crucial for keeping the blood circulating.

This guideline is to be used as informational resource and cannot take the place of real CPR or first aid training. Please try to attend a [CPR training course](#) and help save a life.

Step-by-Step Current Adult CPR Guide:

1. Call 911 or ask someone else to do so.
2. Try to get the person to respond; if he doesn't, roll the person on his or her back.
3. Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
4. Press down so you compress the chest at least 2 inches. Optimally, provide at least one hundred compressions per minute.
5. Now open the airway by tilting the head back and lifting the chin.
6. Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, one-second breaths as you watch for the chest to rise.
7. Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.