If not breathing normally and collapsed start CPR, get AED and call an ambulance.

**Hand Placement & Position**

- **ADULTS**
  - BOTH HANDS interlocked between nipples

- **CHILDREN 1-8**
  - ONE HAND between nipples

- **INFANTS**
  - TWO FINGERS just below nipple line

**Chest Compressions**

For children and infants give 5 rescue breaths before first chest compression.

- **ADULTS**
  - PRESS DOWN depth of casualty

- **CHILDREN 1-8**
  - PRESS DOWN depth of casualty

- **INFANTS**
  - PRESS DOWN depth of casualty

30 compressions at 100-120 compressions per minute.

Allow chest to recoil between compressions immediately follow with rescue breaths.

See [www.heartrhythmalliance.org](http://www.heartrhythmalliance.org) for more information.