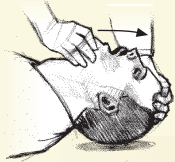


Guidelines urge more compressions

Revised guidelines on mouth-to-mouth resuscitation advise giving 30 chest compressions – instead of 15 – for every two rescue breaths.



Step 1

Carefully position the person flat on their back; tilt the head back and lift the chin until the teeth nearly touch; listen and look for breathing

Step 2

If person is not breathing, pinch the nose and give the person two full breaths, each over one to two seconds long to produce a visible chest rise



Step 3

Place your hands in the center of the person's chest between the nipples; place one hand on top of the other and with elbows locked press the heel of your hand into the chest

Step 4

Give 30 chest compressions for every two full breaths; repeat until medical help arrives or person starts breathing

