**Before doing CPR**

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(**C**ardio**p**ulmonary **R**esuscitation)

1. Are your **surroundings safe**?
2. Is the person **conscious or unconscious**?
3. If they appear unconscious tap or shake their shoulder and

**ask *“Are you Okay?”***

1. If the person doesn't respond and **two people are available**,

have **one person call 911** or the local emergency number and get the AED, if one is available, and have the **other person begin CPR.**

1. If you are **alone** and have immediate access to a telephone,

**call 911** or your local emergency number **before beginning CPR**. **Get the AED, if one is available.**

6.As soon as an AED is available, **deliver *one* shock** if instructed by the device, then begin CPR.

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**RememberCAB!**

**C=Compressions**

**A= Airway**

**B= Breathing**