



C-A-B
Compressions-Airway-Breathing

c - 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. **100 times a minute** or even a little faster is optimal. A universal compression to ventilation ratio of 30:2 is recommended for adults and with children a ratio of 15:2 is preferred and in new-borns a ratio of 3:1 is recommended.

AIRWAY: You can open the airway with a head-tilt and chin-lift maneuver. If you are unsure if a patient is breathing, you can use a rescue breathing device.

FIRST AID

STAYING CALM AND CONFIDENT
Remember to stay calm and confident. In an emergency, the right first aid advice can only do so much. It's your attitude and the way you handle the situation that will make the difference. Stay calm and confident, and you'll be able to help the person who needs it most.

ASSESSING THE SITUATION AND THE VICTIM
Before you start to help, you need to assess the situation. Is the victim conscious? Are there any other people around? Is there any danger? If you are unsure, call for help. If you are confident, start with the C-A-B first aid technique.

ADVANCING THE EMERGENCY RESPONSE SYSTEM
You can activate an emergency response system by calling 911. If you are unsure, call for help. If you are confident, start with the C-A-B first aid technique.

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