

# LEARN CPR

You Can Do It!

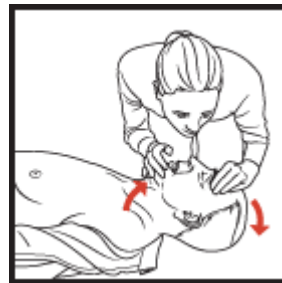
## 1. CALL

Check the victim for **unresponsiveness**. If there is no response, Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



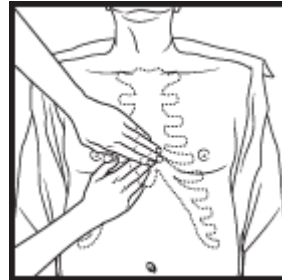
## 2. BLOW

Tilt the head back and listen for **breathing**. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



## 3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. **Push** down on the chest 1 1/2 to 2 inches 30 times right between the nipples. Pump at the rate of 100/minute, faster than once per second.



## CPR & FIRST AID CLASS

**\$59.95**

**March 29<sup>th</sup>, 2008**

**2:00 to 6:00pm**

*Goshin Karate & Judo Academy*

6245 E. Bell Road #120 Scottsdale AZ. 85254 \* 480-951-2236

[www.GoshinKarate.com](http://www.GoshinKarate.com) - [GoshinKarate@cox.net](mailto:GoshinKarate@cox.net)

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