

**CPR is as easy as**  
**C-A-B**



**C**ompressions

Push hard and fast  
on the center of  
the victim's chest



**A**irway

Tilt the victim's head  
back and lift the chin  
to open the airway



**B**reathing

Give mouth-to-mouth  
rescue breaths

American Heart  
Association 

*Learn and Live*