Jarrod's Handy-Dandy

In a moment of crisis, I'm not sure I'll remember all the steps of CPR in the right order. So I made this flow-chart to remind me. You can use it too.

This flow chart is intended as a reminder only, to be used by someone who has been trained in CPR. This chart is not a substitute for CPR training. I am not an expert in CPR. When in doubt, trust your training.

This information is accurate as of my last CPR training, May 2013.

For more early childhood education materials, check out http://jarrodgreen.net

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Use 1 hand, 2" deep

