

## CPR Basics

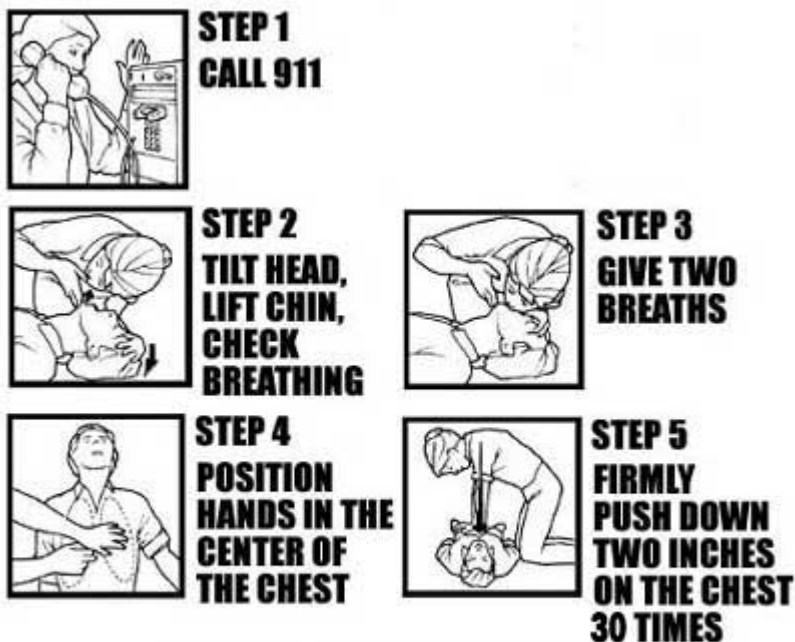
Cardiopulmonary resuscitation (CPR) is a **first-aid technique** used to keep victims of cardiopulmonary arrest alive and to prevent brain damage while more advanced medical help is on the way. CPR has **two goals**:

- keep blood flowing throughout the body
- keep air flowing in and out of the lungs

While the modern emergency room has high-tech equipment and an arsenal of drugs to help treat victims of cardiopulmonary arrest, CPR is a simple technique that requires little or no equipment. What you do is pretty basic:

- Blow into the victim's mouth to **push oxygenated air** into the lungs. This allows oxygen to diffuse through the lining of the lungs into the bloodstream.
- Compress the victim's chest to artificially **re-create blood circulation**.

Here are the steps that make up CPR:



**CONTINUE WITH TWO BREATHS  
AND 30 PUMPS UNTIL HELP ARRIVES**

Photo courtesy of University of Washington