



**Nebraska**

The National Safety Council, Nebraska keeps you and your family safe at home, safe at work, and safe on the road. Founded in 1924, the National Safety Council, Nebraska is a private, 501(c)(3) nonprofit, community-based organization and Nebraska's only accredited chapter of the National Safety Council. The Council promotes safety and health by providing programs, resource services and education to prevent both the personal and economic loss associated with injuries, accidents and health hazards wherever they exist. Unintentional injuries are the leading cause of death for people aged 1 to 38 and the 5th cause overall.

## CPR Adult Steps

Age: over the age of puberty

### Scene Safety

### Check for Responsiveness and Look for Breathing

### 9-1-1 / AED

### BARE CHEST

### 30 Compressions— 2" deep

### 100 compressions / Minute

### PUSH HARD AND FAST

### 5 cycles = 2 minutes

### 2 Breaths—1 second each



## Nebraska

The National Safety Council, Nebraska keeps you and your family safe at home, safe at work, and safe on the road. Founded in 1924, the National Safety Council, Nebraska is a private, 501(c)(3) nonprofit, community-based organization and Nebraska's only accredited chapter of the National Safety Council. The Council promotes safety and health by providing programs, resource services and education to prevent both the personal and economic loss associated with injuries, accidents and health hazards wherever they exist.

Unintentional injuries are the leading cause of death for people aged 1 to 38 and the 5th cause overall.

## CPR Infant/Child Steps

Infants = Birth to 1 year      Children = 1 year to puberty

Scene Safety

Check for Responsiveness (tap and shout)  
and look for Breathing

**BARE CHEST** → 9-1-1/AED If there is someone  
else there or you saw the child collapse

30 Compressions—1 ½" deep (1/3 chest depth)

100 compressions/minute

5 cycles = 2 minutes

2 Breaths—1 second each

9-1-1 / AED after 2 minutes if you are by yourself