

CPR is as easy as

C - A - B



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

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

Breathing
Give mouth-to-mouth
rescue breaths

Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal.

2010 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations