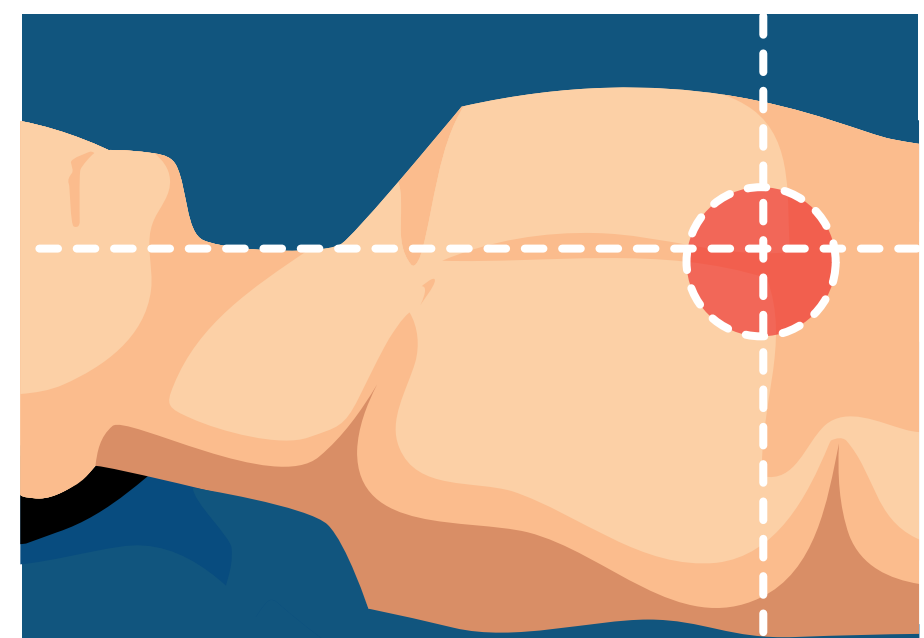


## Steps For Performing Chest Compressions Accurately

Giving 30 chest compressions is the standard and nationally accepted protocol when saving someone from a sudden cardiac arrest situation. Read the steps below so you never miss your chance to be there for someone when no one else is available to be the first responder and improve their chances of survival.

### Steps For Performing Chest Compressions Accurately:

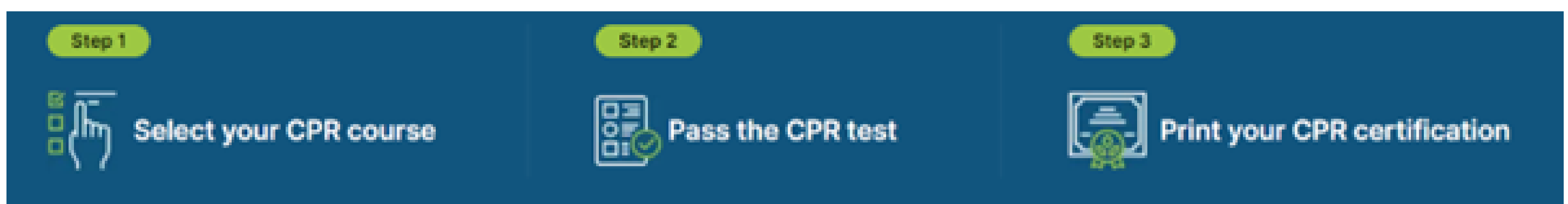
1. Lay the person on their back flat on the surface.
2. Unbutton their clothes carefully.
3. Do not press their abdomen or chest harshly while doing that.
4. Be on either side of the injured.
5. Place one hand on the lower third of the sternum (shown in the side image).
6. Cover it with another hand for a stern hand position.
7. Start compression of the chest.
8. Make the first compression light to check for any blockages under the chest.
9. The next 29 compressions should be with straight elbow joints.



**Note:** The compression rate should be 100 per minute. The depth must be 4-5 cm depth for adult patients.

**Learn CPR** steps accurately to treat different sudden cardiac arrest patients without fail.

**Register for a free account on** [www.cpraedcourse.com](http://www.cpraedcourse.com) today and get started. All courses like CPR and First Aid at the American HealthCare Academy (AHCA) follow AHA and 2020 ECC guidelines. You also earn CE credit hours and receive a free mailed-in wallet card.



Reach our Customer Success Team at 1-888-277-7865 and be a Good Samaritan.

**Enroll Today**

**Team American HealthCare Academy**

