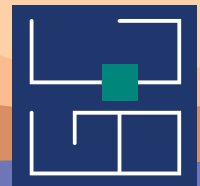


# How to save a life



## Learn Cardiopulmonary Resuscitation (CPR)

نحن نهتم  
We Care



Check the scene for safety

1



Check responsiveness

2



Call emergency services

3



Check for pulse and breathing

4



If there is no pulse, start CPR and perform 30 chest compressions

5



Administer two rescue breaths

6



Continue performing sets of 30 chest compressions and two rescue breaths until an ambulance arrives or an AED is available

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