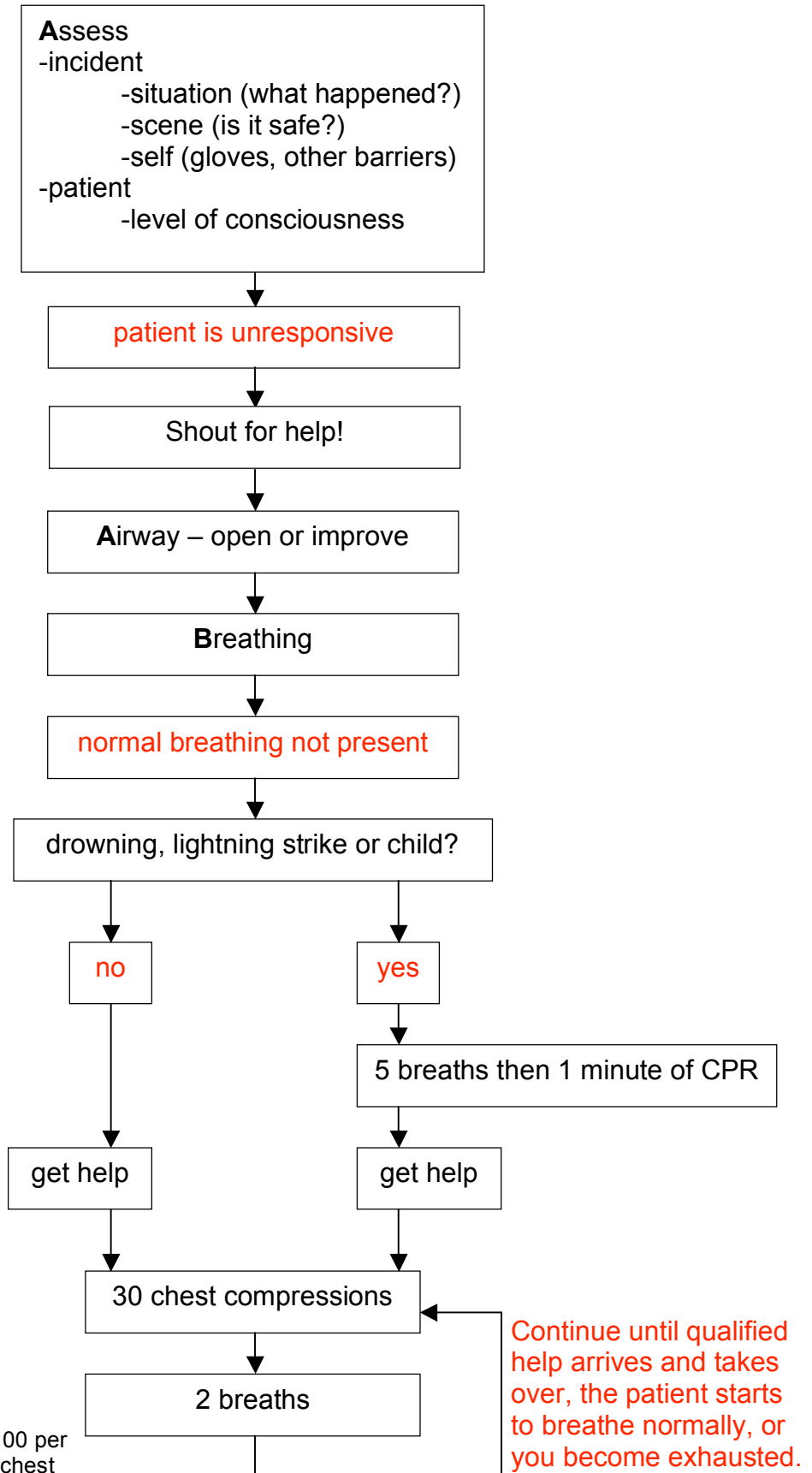




Cardiopulmonary Resuscitation Protocol (Lone First Aider)



Notes:

- Compress chest at a rate of 100 per minute, to $\frac{1}{3}$ the depth of the chest
- Give breaths over 1 second, sufficient to make the chest rise