Students will undergo basic CPR training from a College staff member, a qualified instructor.

The course will be held in a College classroom and College mannequins will be used.

**CPR**

**STEP 1**
CALL 911

**STEP 2**
TILT HEAD, LIFT CHIN, CHECK BREATHING

**STEP 3**
GIVE TWO BREATHS

**STEP 4**
POSITION HANDS IN THE CENTER OF THE CHEST

**STEP 5**
FIRMLY PUSH DOWN TWO INCHES ON THE CHEST 15 TIMES

CONTINUE WITH TWO BREATHS AND 15 PUMPS UNTIL HELP ARRIVES