

CPR and CHOKING Instructions
go on this site to see easy to understand video instructions.
<http://depts.washington.edu/learncpr/>

LEARN CPR You Can Do It!

Click Here To [Ask The Doctor](#)

Learn CPR is a free public service supported by the University of Washington School of Medicine. Learn the basics of CPR - cardiopulmonary resuscitation. Updated with new CPR Guidelines issued by the American Heart Association and published in Circulation, Dec 13 2005.

Specific information is contained:

CPR FOR ADULTS - CPR in three simple steps

CPR FOR CHILDREN - CPR in three steps for small children

CPR FOR INFANTS - CPR for infants in five simple steps

CPR POCKET GUIDE - CPR instructions you can print and take with you

CPR FOR CATS & DOGS - CPR instructions for your family pet

CPR FOR ADULTS VIDEO - CPR techniques for adults

CPR FOR CHILDREN VIDEO - CPR techniques for children

CPR FOR INFANTS VIDEO - CPR techniques for infants

CHOKING ADULT VIDEO - First aid for a choking conscious adult

CHOKING CHILD VIDEO - First aid for a choking conscious child

CHOKING INFANT VIDEO - First aid for a choking conscious infant

CONSCIOUS ADULTS - First aid for a conscious adult

CONSCIOUS CHILD - First aid for a choking child

CONSCIOUS INFANTS - First aid for a choking infant

CPR FAQ - Have a question about CPR? Check here first

[CPR FACTS](#) - Facts and general information about CPR

[CPR LINKS](#) - Links to other great CPR resources

[CPR QUIZ](#) - Think you're an expert? Take our quiz and test yourself

[CPR HISTORY](#) - Interested in learning about the history of CPR?

[SELF CPR?](#) - Click here to view information about this phenomenon.