



1. Recognize the signs and call 911
2. Start Hands-Only CPR
3. Get an AED (if available)
4. EMS-Paramedics

Hands-Only CPR

1. Place the patient on a hard flat surface.
2. Tap their shoulders and ask “Are you OK?”
3. Look at their chest for 5 – 10 seconds for signs of breathing.
4. No response? No breathing? Call 911 and start CPR
5. Place one hand in the center of the chest, place your other hand on top of that hand and interlock your fingers.
6. Push HARD and FAST, 2 inches down and at least 100 times per minute. Let the chest completely rise, and push again.
7. Do not stop until someone can take over for you, or you can no longer perform CPR. Switch every 2 minutes.



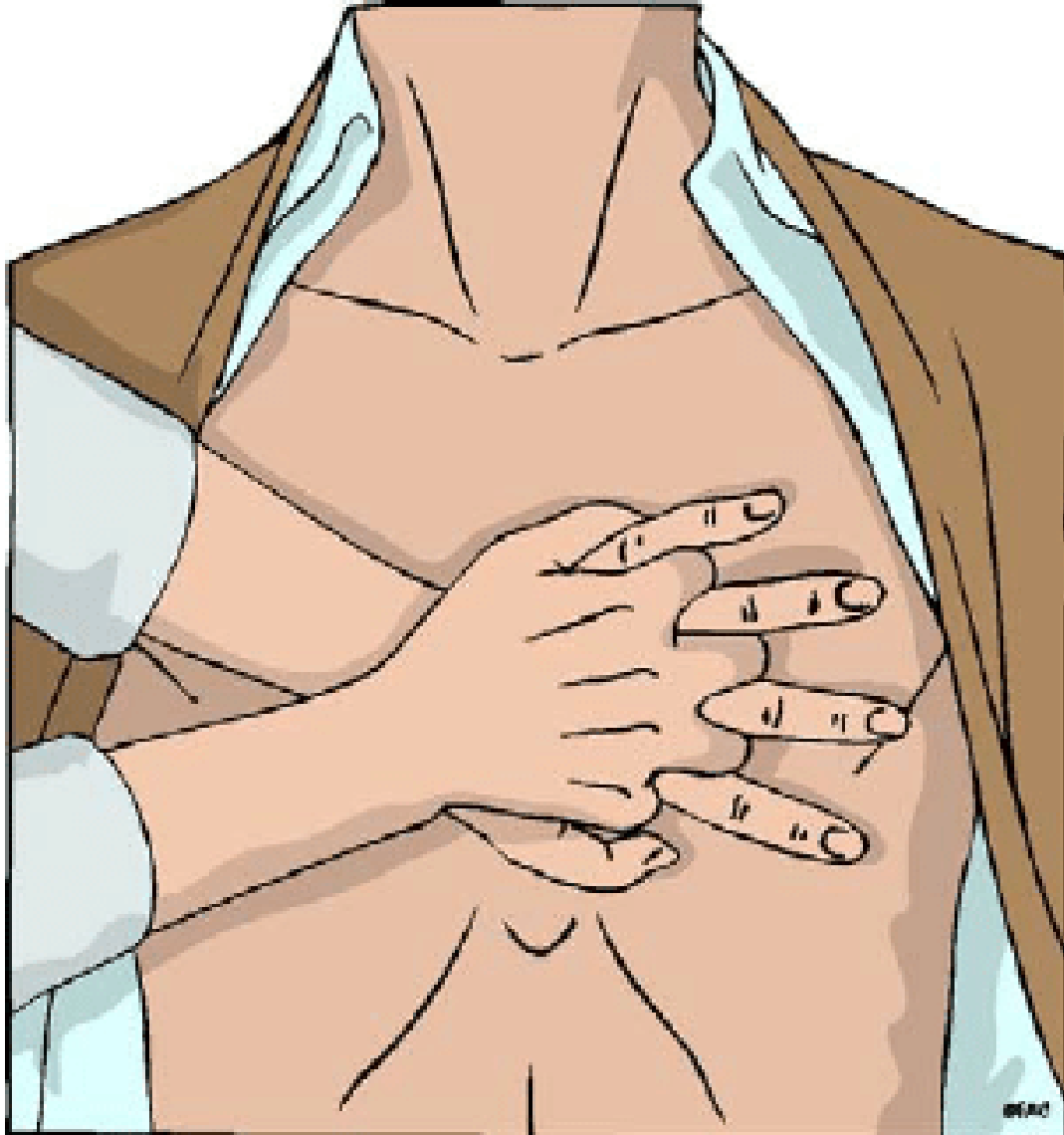
Check



Call



Compress



CPR Hand Position



CPR Form