Hands-Only CPR

Make sure the scene is safe

If the person is not responsive and not breathing normally:

CALL 9-1-1
Or send someone else to call 9-1-1
   Know your location
   Say your language, if it is not English

PUSH HARD AND FAST
   In the center of the chest
   At least 2” deep

100-120 compressions/minute
   Think of a song with 100-120 beats per minute to help you push

DON’T STOP!
   If you get tired of pushing, take turns with someone else

NOTES:

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