

CPR: Save a life in 6 steps



If you see a person collapse, approach him/her **immediately**.



Gently tap the person to see if he/she is **responsive and breathing normally**.



If he/she is not responsive, **call 911**. State your location. If you do not speak English, ask for an interpreter.



Begin CPR. Place your hand on the chest between the nipples. Place one hand on top of the other.



Be sure to use the **heel of your hand** and interlace your fingers.



Lock elbows and push down hard and fast. Repeat at **100 compressions per minute** until First Responders take over.