Hands-Only CPR

Make sure the scene is safe

If the person is not responsive and not breathing normally:



CALL 9-1-1

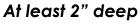
Or send someone else to call 9-1-1

Know your location
Say your language, if it is not English



PUSH HARD AND FAST

In the center of the chest





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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