



Do you know how to save a life?

Hands Only CPR

CPR (Cardiopulmonary Resuscitation) doesn't have to include mouth-to-mouth contact. The most important thing is to keep the heart pumping and the blood flowing; Two hands, two steps, save a life!



Call 911

- Use a land line if possible and give specific information (location first) to the dispatcher.
- Is an AED (automated external defibrillator) available? If so, send someone to retrieve it and use it as soon as you can.

Begin Chest Compressions

- Use two hands, with straight arm, and push down hard and fast in the center of the chest.
- Make sure compressions are deep enough (at least 2 inches) and at the rate of 100 to 120 compressions per minute.
- Tip: Do compressions to the beat of the BeeGee's Song, "Stayin' Alive" to keep a consistent rhythm.
- If someone else knows CPR, alternate after two minutes of compressions.

