

Adult/Teen Hands Only CPR



- **Check** for responsiveness - shake and shout
- **Call 9-1-1** or tell someone to call 9-1-1
- **Place** victim on their back then your hands on top of each other in the center of their chest
- **Push hard** and **fast** straight down (at least 2 inches and 100 times/min) beat of “Staying Alive” is 100 -120/min
- **Continue** pushing hard and fast until EMS arrives

*Breathing assistance is not necessary

THANK YOU FOR MAKING A DIFFERENCE!

Learn more at www.heart.org/handsonlycpr or call 1-877 AHA-4CPR

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