

4 STEPS TO SAVE A LIFE

How to Perform Hands-Only CPR

Step 1



Call 9-1-1 on speaker phone and locate AED.

Step 2



Begin chest compressions. Push hard and fast in the center of the chest at a rate of 100-120 compressions per minute

Step 3



Use an AED as soon as possible. The machine and the 9-1-1 operator will give you instructions

Step 4



Stay on the phone until the 9-1-1 operator tells you it is safe to hang up

Every year, approximately 350,000 people die in the United States from cardiac arrest.
Performing CPR - or Cardiopulmonary Resuscitation - quickly and correctly can double or triple a person's chance of survival.



theheartfoundation.org

[@theheartfoundation](https://twitter.com/theheartfoundation)

