Hands-Only CPR

If you see someone collapse, make sure the area is safe for you to enter and do the following...

1. Tap the person on the shoulders and shout “Are you okay?”
2. If the person does not respond, call 911 immediately.
3. The 911 dispatcher will ask you for your address and send help right away.
   *If you cannot understand the dispatcher, ask for an interpreter who speaks your language.
4. Put the person on their back on a firm, flat surface.
5. Kneel by their side.
6. Put one hand in the middle of the chest, right between the nipples, and put the other hand on top of that.
7. With arms locked, push down hard and fast (100-120 beats per minute).
8. Don’t hang up the phone; keep pushing until help arrives.