

# 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*

*At least 2" deep*



**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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