EVERYONE CAN SAVE A LIFE WITH HANDS ONLY CPR
LEARN HOW AT HANDSONLY.ORG

When someone is unconscious, they may be experiencing sudden cardiac arrest.

1. CHECK
Check for responsiveness and breathing

[Icon of a checkmark]

2. CALL 911
Or have someone call 911

[Icon of a mobile phone]

3. COMPRESS
Kneel over victim. With straight arms and interlocked hands, push hard and fast on chest. 2 compressions per second at least 2 inches deep.

[Icon of a compressing gesture]

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