

# Compressions-Only CPR

WHEN YOU WITNESS AN ADULT SUDDENLY COLLAPSE

## 2 Simple Steps Can Save a Life:

### 1. Dial 911

Send someone to call 911 or call yourself.



### 2. Pump on Chest

Place one hand in the center of the victim's chest, along the nipple line. Place the other hand on top and lace your fingers together. Bring your body up and over the victim and lock your elbows. Push hard and fast, at the rate of 100 compressions per minute. Do not stop until help arrives.



Note: Although recommended by the American Heart Association and the American Red Cross for bystanders untrained or unwilling to perform full CPR on an adult who suddenly collapses, Compressions-Only CPR does not take the place of professional rescuer CPR/AED training for those who take CPR training to meet State and Federal requirements, for first responders in workplaces with duties to respond and for those responsible for infants and children.