

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



2. CALL 911

Or have someone call 911



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.



**HANDS
ONLY
CPR**

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