



WHAT TO DO

if a Person is Unconscious and Not Breathing:



CALL 911

Identify bystander to call 911 while you begin Step 2.



BEGIN CPR

Place one hand over the other, interlock fingers, and keep your elbows straight. Press down with the heel of your hands in the center of their chest (press down 2 inches). Push hard and fast. 100 beats per minute - think of the song Stayin' Alive.



USE AN AED

Turn on AED and follow voice prompts. It will walk you through how to use. Put pads on their chest - machine does the rest. If shock is needed, you will be advised.

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