

# HANDS-ONLY CPR

## WHAT TO DO BEFORE HELP ARRIVES:

- **Call 9-1-1**
- Lay Person Face Up and Open Their Airway
- **Kneel Near Person's Body**
- Interlock Fingers and Place Heel of Hands Over Chest
- Lock Elbows, Keep Arms Straight
- Push Hard and Fast (2 inches deep, 100-120 compressions per minute)
- **Repeat Compressions Until Ambulance or First Responders Arrive**

## TO FIND A PULSE:

Place index and middle finger on wrist, at the base of the thumb. Count how many beats you feel in thirty seconds and multiply by two.

