

Hands-Only™ CPR



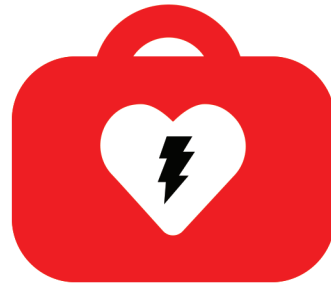
1 Call 911 (or have someone else do it)



2 Push hard and fast in the center of the chest



3 Continue CPR until professional help arrives



4 ... or until an AED is available to use