HANDS-ONLY C PERFORM

If you see someone collapse or find someone lying on the ground:

9-1-1
or send someone to



 The victim must be on a firm and flat surface and facing upwards

CHEST

 Draw a line, with your hand, from the armpit to the center of the chest



- Place the heel of one hand on the lower half of the sternum or breast bone and place other hand over the first. Interlace fingers.
- Straighten your arms and position your shoulders over the victim's chest.

 Push down hard and fast, 2 inches (or 5 centimeters) deep at the rate of at least 100 compressions per minute.



 Lift your hands slightly off the chest between each compression to allow for full chest re-coil.

CONTINUE CHEST COMPRESSIONS UNTIL:

- The victim begins breathing.
- Another trained responder arrives and is ready to take over.



 You are physically unable to continue.



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