Hands Helping Hearts

Check for responsiveness: Shake & Shout. Rub the breast bone with your knuckles.

Call 9-1-1 or tell someone to do so - if unresponsive and breathing slowly or not at all.

Compress: Position on the floor and face up. Place one hand on the center of the chest between the nipples and the other hand on top of the first. Push Hard (at least 2 inches) and Fast (100/minute).

Continue until EMS arrives – Don’t stop if the person gasps. Gasping is not a sign of recovery – it’s because you are doing a good job with CPR.

To learn more about CPR: www.countyofsb.org/phd/ems