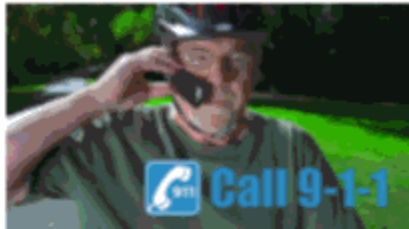


Steps for Bystander CPR

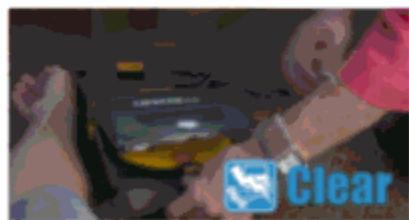
If an adult suddenly collapses....



- Check for responsiveness:
tap and shout - **are you OK?**
- If the person does not wake up and is not breathing;
Call 911 or _____
- Send someone to get an AED



- Place your hands in the center of the victim's chest
- **Push hard and fast**
(2 inches and 100 x/minute)
- Release pressure between compressions & minimize interruptions



- Activate AED as soon as possible
- **Turn on AED** and apply electrodes to bare chest
- Follow visual and audio prompts
- Continue until EMS arrives

Note: Children under 8 & unwitnessed cardiac arrests may benefit from traditional CPR (30 compressions & 2 breaths)

Take Action  **You Can Save a Life**

For more information go to
www.learnCPRnow.org


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