HEARTSAVER® 
ADULT CPR AED

1. Tap and shout.

2. Shout for help.
   Phone 9-1-1 and place phone on speaker mode so you can talk to the dispatcher, or send someone else to phone 9-1-1 and get an AED.

3. Look for no breathing or only gasping.

4. Push hard and fast in the center of the chest.
   Give 30 compressions.
   - Push straight down at least 2 inches.
   - Give 100 to 120 compressions per minute.
   - Let the chest come back up to its normal position.
   - Try not to interrupt compressions for more than 10 seconds.
   Open the airway and give 2 breaths.

5. Repeat sets of 30 compressions and 2 breaths.

6. When the AED arrives, use it immediately.
   Turn it on and follow the prompts.

Learn CPR and first aid today at cpr.heart.org/workforcetraining
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