**HOW TO PERFORM HANDS-ONLY CPR**

**CHECK** for responsiveness:
shave the person and shout, “Are you all right?”

**CALL** 9-1-1 or tell someone to do so if the person is unresponsive with no or slow breathing.

**COMPRESS:**
- Position the person on the floor, face up.
- Kneel right next to the person — so your knees touch their arm.
- Place the heel of one hand on the center of the chest and the other hand on top.
- Lock your elbows, put your shoulders over the center of the chest, and push HARD straight downward — at least two inches.
- Lift your hands off the chest slightly after each compression to allow the chest to fully re-expand.
- Compress FAST at a rate of 100 per minute. Think of the song “Stayin’ Alive”.

**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.
- Switch with others regularly before you tire.

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**THEIR LIFE CAN BE IN THE PALM OF YOUR HANDS!**

475,000 people die yearly from sudden cardiac arrest. The 5-7 minutes that pass between calling 911 and first responders arriving is critical.

Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating. Performing CPR can double or triple chances of survival after cardiac arrest.

Hands-Only CPR is just that, HANDS-ONLY! This technique keeps cardiac arrest victims alive and limits damage to the brain.

To find a CPR training location, scan here www.vcfd.org

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