



Hands Helping Hearts



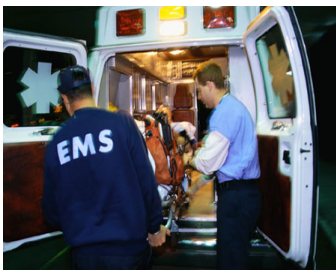
Check for responsiveness: Shake & Shout. Rub the breast bone with your knuckles.



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