

Compression-Only CPR

If you witness the sudden collapse of an Adult

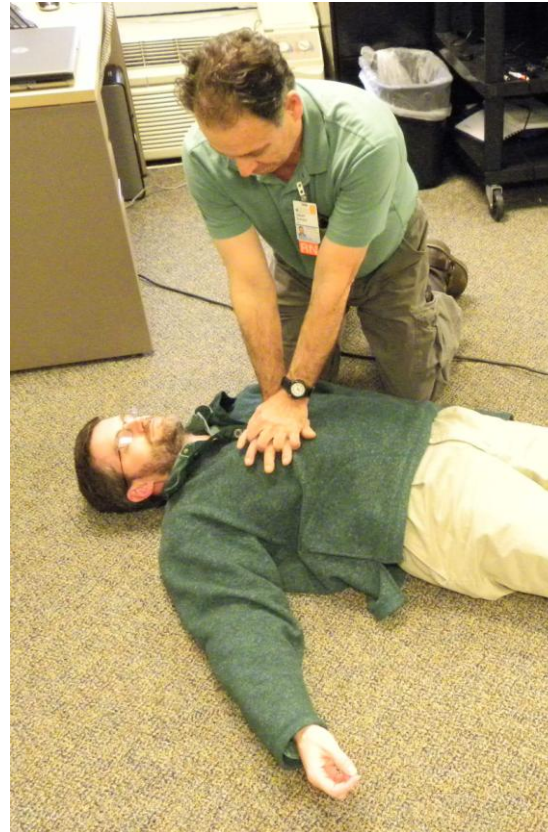
Immediately

- establish responsiveness/breathing
- Call for HELP
- Direct someone,(if available) to call 911 and get an AED



Next

- Push hard and fast in the center of the chest until trained help or an AED arrives.
- Do Not Stop



When/If

- An AED arrives
- Open it up, turn it on and follow the instructions

