## Compression-Only CPR

If you witness the sudden collapse of an Adult

<table>
<thead>
<tr>
<th>Immediately</th>
<th>Next</th>
<th>When/If</th>
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</table>
| - establish responsiveness/breathing  
- Call for HELP  
- Direct someone, (if available) to call 911 and get an AED | - Push hard and fast in the center of the chest until trained help or an AED arrives.  
- Do Not Stop | - An AED arrives  
- Open it up, turn it on and follow the instructions |

AHA web link to hands only CPR - [http://handsonlycpr.eisenberginc.com/](http://handsonlycpr.eisenberginc.com/)