

HEARTSAVER®

# ADULT CPR AED



1

*Tap and shout.*

*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.*



2



3

*Look for no breathing or only gasping.*

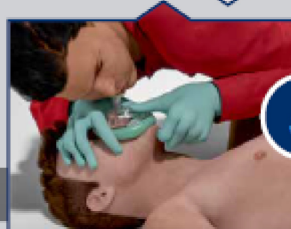
*Push hard and fast in the center of the chest.  
Give 30 compressions.*

- 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.*



4



5



6

*Repeat sets of  
30 compressions and 2 breaths.*

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



7

Learn CPR and first aid today at [cpr.heart.org/workforcetraining](http://cpr.heart.org/workforcetraining)

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