

# Hands-Only CPR

## Cardiopulmonary Resuscitation

### TWO STEPS TO SAVE A LIFE

**1** Call 911



**2** Push hard and fast in  
the center of the chest



When you call 911, the dispatch operator will ask you a series of important questions that usually begin with, "What's your emergency? "

- **BE CALM.** Try to be patient as you answer questions about the person's condition. Let the operator know that you need to perform Hands-Only CPR. If you are unsure how to perform it at that moment, the operator can also walk you through it.
- **KNOW YOUR LOCATION.** The operator will need to know where you are. If you are in an unfamiliar place, take note of the address, nearby streets, or landmarks, and be ready to give the 911 operator as many details as possible.
- **STAY ON THE LINE.** Don't hang up until rescue arrives.

Calls to 911 are private and confidential.



Become a hero for your comunidad.  
Watch our 90-second Hands-Only CPR  
video today and learn how you can turn  
your hands into wings of life.

**#CPRwithHeart**