Hands-Only CPR Guide

1. Establish unresponsiveness/lack of effective breathing
2. Call (or direct someone to call) 911
   - Call 911 from landline or mobile phone
   - Make sure to give your exact location
3. Go get (or direct someone to get) the AED
4. Push hard and fast on the center of the chest until the AED or trained help arrives

5. **DO NOT STOP** until help/AED arrives
6. Apply the AED as soon as it is available and follow verbal prompts.