

Hands-Only CPR

*for adults who suddenly
collapse*

STEP 1:

**CALL
9-1-1**



STEP 2:

**Push Hard
& Fast in
Center of
Chest**

Continue until help arrives!

Hands-Only CPR Guide



Veterans Memorial Hospital

563-568-3411

Hands Only CPR
has been approved by the
American Heart Association
as an appropriate bystander
response to adult victims with
sudden cardiac arrest.

*Keep this card in your wallet for
quick reference when needed.*