

# The Hands-Only CPR Technique

Remember these 5 simple steps in case of an emergency. Administering CPR immediately can double a person's chance of survival!



- Call 911 if you see a Teen or Adult suddenly collapse.
- Put the heel of one hand in the center of the chest
- Put the other hand on top of the first and lock your fingers together.
- Push straight down, about 2 inches and hard.
- Push fast at 100-120 compressions per minute.

**\*Pushing to the beat of the classic disco song "Stayin Alive" will help you stay on beat.**