

CPR

3 steps you can take to help save a life

Every second counts in a **cardiac arrest**. Don't hesitate – you can't hurt, you can only help.

1



**Phone 9-1-1
and shout
for an AED.**

2



**Start CPR right away.
Give 2 breaths,
if willing, after every
30 compressions.**

3



**Use an AED
as soon as
one is available.**

If you witness a cardiac arrest, in most cases it will be someone you know: a family member, friend or coworker. If someone is unconscious and not breathing or not breathing normally, **take quick action and follow these 3 steps.**

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