

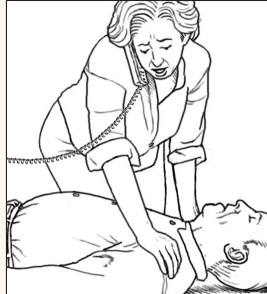


Doing hands-only CPR for a sudden cardiac arrest

These instructions are for a witnessed cardiac arrest—you are with a person when he or she suddenly collapses. You can forgo mouth-to-mouth breathing, at least at first.

1. Call 911.

This summons professional help and a life-saving defibrillator. What's more, the emergency dispatcher may be able to coach you through CPR. Even if a defibrillator is immediately available, do CPR for a minute first.



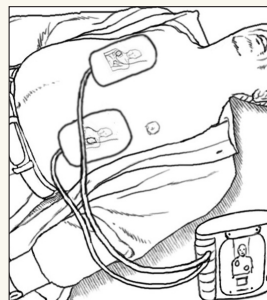
2. Start CPR.

Place your hands on the victim's breastbone, in the middle of the chest. Press down hard enough to make the chest move inward an inch or so, then relax to let the chest rebound. Repeat this press-and-relax cycle quickly, almost twice a second. Keep doing this for as long as you can. If no help has arrived within four or five minutes, give the person two quick breaths every minute. Get back to doing compressions as fast as you can.



3. Restart the heart.

When a defibrillator arrives, ask the person who brought it to attach the pads to the victim's chest so you can keep doing CPR. When everything is ready, stop CPR and follow the directions on the defibrillator.



4. Go back to CPR.

Immediately after the shock, start pushing on the chest again. This helps the heart get back into a normal rhythm. After two minutes, if there doesn't seem to be any recovery, go through the defibrillation process again, then start performing CPR again.

