



BE A LIFESAVER!

with Continuous Chest Compression CPR

Steward Observatory, March 2008

*It's Safe. It's Easy. It's Legal.
It requires no mouth-to-mouth contact.*

If you witness a sudden unexpected collapse in an adult, follow these simple steps:

1. Direct someone to **call 911**, or make the call yourself. Check to see if the person is conscious.
2. **Position** the patient on the floor. Place the heel of one hand on the center of the chest with the other hand on top of the first. Lock your elbows and perform fast, forceful chest compressions. Lift your hands slightly after each push to allow the chest to recoil. Take turns with a bystander until paramedics arrive.
3. If an automated external defibrillator (AED) is available, **attach** it to the patient and follow the machine's voice instructions. Otherwise, keep pumping. Know where an AED is located **BEFORE** an incident occurs!

REMEMBER: If you just call 911 and do not perform chest compressions, the patient most likely **WILL NOT SURVIVE!**



NOTE: Gaspings is not an indication of normal breathing or recovery. Initiate and continue compressions even if patient gasps.