

# HANDS ONLY CPR

YOU CAN SAVE A LIFE

When someone is unconscious, they may be experiencing sudden cardiac arrest



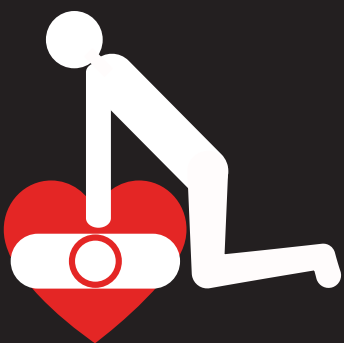
## 1. CHECK

Check for responsiveness and breathing



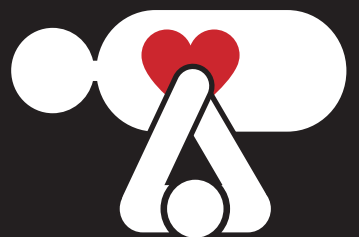
## 2. CALL 911

Or have someone call 911



## 3. COMPRESS

Kneel over victim. With straight arms and interlocked hands, push hard and fast on chest. 2 compressions per second at least 2 inches deep.



For more information, visit [handsonly.nyc](http://handsonly.nyc)



**HANDS  
ONLY  
CPR**

Everyone Can Save A Life