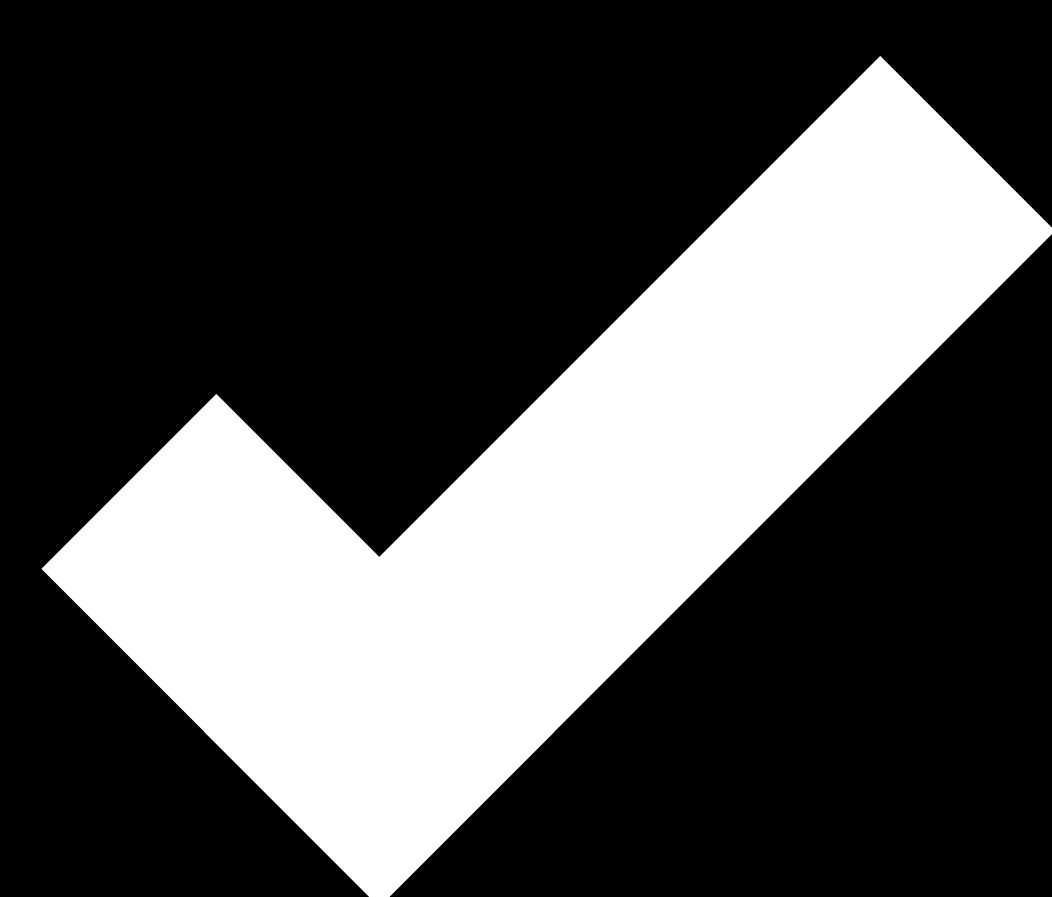


# HANDS ONLY CPR

YOU CAN SAVE A LIFE

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



## 1. CHECK

Check for responsiveness and breathing



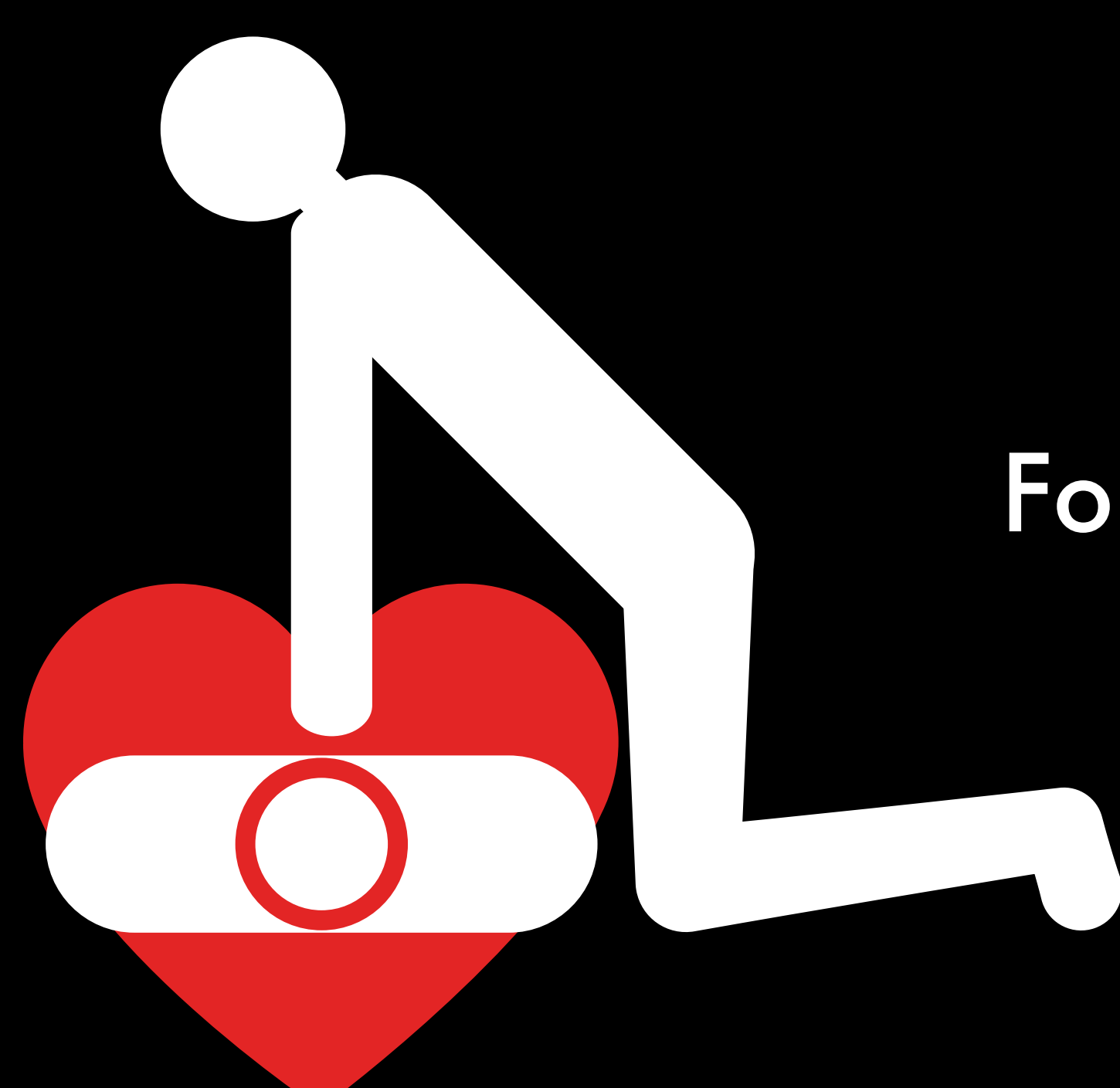
## 2. CALL 911

Or have someone call 911

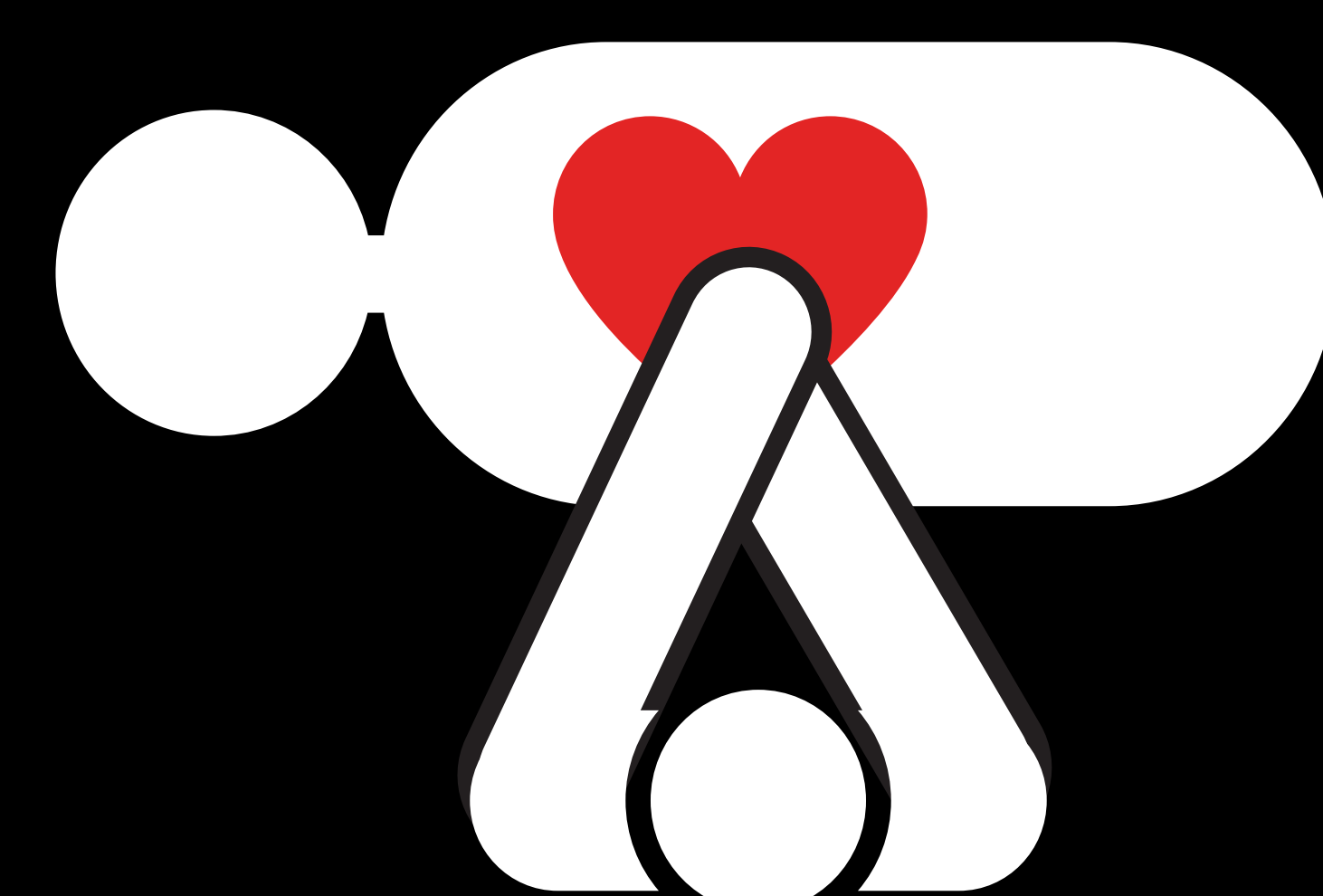
## 3. COMPRESS

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