

Tackle Sudden Cardiac Arrest



Let's get AGGRESIVE!

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CALL 911

- Shake the person and shout, “Are you ok?”
- If other are with you, tell them to call 911 and find an AED
- If alone, call 911 and listen for further instructions



PUSH HARD & FAST ON CHEST

- If the person is unconscious and not breathing normally (gaspings), lie them on the floor face up
- Place one hand on top of the other on the center of the chest
- With straight arms, push **HARD** and **FAST** at a rate of 100 times per minute (to the beat of the *Bee Gee’s “Stayin’ Alive”*) allowing the chest to recoil (fully rise) each time
- Keep pushing until help arrives



USE AN AED

- If an AED is available, turn it on and follow the instructions
- Otherwise, continue CPR until help arrives

NOTE: For unconscious children (age 8 or under) or for adult victims of drowning or choking, start regular CPR by pushing 30 times on the center of the chest followed by 2 mouth-to-mouth breaths. *However, even in those cases, hands-only CPR is better than doing nothing.*



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