

STEP-BY-STEP CPR GUIDE

1.



Shake and Shout

2.



You, or someone you designate, call 911

3.



Check for breathing

4.



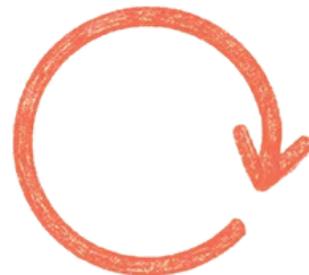
Place your hands on the center of their chest

5.



Push hard and fast about twice per second to the rhythm of the song "Staying Alive"

6.



Repeat cycle of 30 chest pushes and 2 rescue breaths