

# Heartsaver® Adult CPR AED



Tap and shout.



Shout for help. Send someone to phone 9-1-1 and get an AED.



Look for no breathing or only gasping.



Push hard and fast. Give 30 compressions.\* Open the airway and give 2 breaths.



Repeat sets of 30 compressions and 2 breaths.



When the AED arrives, turn it on and follow the prompts.

- \* Push down at least 2 inches
- Give 100 to 120 compressions per minute
- Let the chest come back up to its normal position
- Try not to interrupt compressions for more than a few seconds