

# Be a Lifesaver

with Continuous Chest Compression CPR

It's safe. It's easy. It's legal.

It requires no mouth-to-mouth contact.

If you witness a sudden unexpected collapse in an adult, follow these simple steps:

1. Direct someone to call 911 or make the call yourself.
2. Position the patient on the floor. Place the heel of one hand on the center of the chest with the other hand on top of the first. Lock your elbows and perform forceful chest compressions at a rate of 100 per minute. Lift your hands slightly after each push to allow chest to recoil. Take turns with a bystander until paramedics arrive.
3. If an automated external defibrillator (AED) is available, attach it to the patient and follow the machine's voice instructions. Otherwise, keep pumping.

**REMEMBER:** If you just call 911 and DO NOTHING, the person suffering cardiac arrest most likely WILL NOT SURVIVE!

**NOTE: Gasping is not an indication of normal breathing or recovery.** Initiate and continue compressions even if patient gasps.

For cases of suspected drowning, drug overdose or collapse in children, follow standard CPR (2 mouth-to-mouth breaths for every 30 chest compressions).



Sarver Heart Center

To learn more, visit [www.heart.arizona.edu](http://www.heart.arizona.edu) or call (520) 626-4083.