

# Hands-Only™ CPR



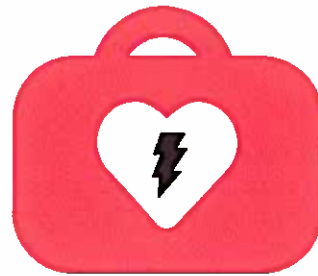
**1** Call 911 (or have someone else do it)



**2** Push hard and fast in the center of the chest



**3** Continue CPR until professional help arrives



**4** ... or until an AED is available to use

