

Heartsaver® Adult CPR AED



American
Heart
Association®
Life is why™



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

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J Spring



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