

# HANDS ONLY CPR TAKES 4 SIMPLE STEPS

## GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
4. Push hard, push fast.
  - Compress the chest at least 2 inches.
  - Compress at least 100 times per minute.
  - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



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# 4 FOR 4 – 4 STEPS FOR LIFE!

To be sure you are pressing down at least 100 times per minute – there are several songs you can remember/hum that will keep you “in the beat”:

**Stayin’ Alive – by the Bee Gees**



**I Gotta A Feelin’ – by the Black Eyed Peas**

**Walk the Line – by Johnny Cash**

**Crazy In Love – by Beyonce**



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