

If You are Not Trained in CPR

SAMPLE SKILL CARD

# HANDS-ONLY CPR

If you see a teen  
or adult suddenly  
collapse

First

Ask if they are  
okay

Next

Call 911.

Then

Push hard and  
fast in the center  
of the chest.

Interested in learning more?



Go online to [www.bethebeat.org](http://www.bethebeat.org)

“We want people to know that they can help many victims just by calling 9-1-1 and doing chest compressions. Don’t be afraid to try it. More lives could be saved if more people are prepared to perform Hands-Only CPR for teen or adult victims of sudden cardiac arrest.”

More information can be found at [www.americanheart.org/handsonlycpr](http://www.americanheart.org/handsonlycpr).