



BAKERSFIELD  
HEART  
HOSPITAL



# Hands-Only CPR

If you see someone collapse, make sure the area is safe for you to enter and do the following...

**1**

Tap the person on the shoulders and shout "Are you okay?"

**2**

If the person does not respond, call 911 immediately.

**3**

The 911 dispatcher will ask you for your address and send help right away.

*\*If you cannot understand the dispatcher, ask for an interpreter who speaks your language.*

**4**

Put the person on their back on a firm, flat surface.

**5**

Kneel by their side.

**6**

Put one hand in the middle of the chest, right between the nipples, and put the other hand on top of that.

**7**

With arms locked, push down hard and fast (100-120 beats per minute).

**8**

Don't hang up the phone; keep pushing until help arrives.