

Hands-Only CPR Saves Lives.

If an adult or teen suddenly collapses and isn't breathing normally, you can keep them alive until help arrives.



CALL 911

Tap and shout. If there's **no response and no normal breathing**, call 911 on speaker. Send someone for an AED.



PUSH HARD & FAST

Heel of one hand on the **center of the chest**, other hand on top. Push **at least 2 inches deep, 100 to 120 times a minute**. Let the chest come all the way back up.



USE THE AED

As soon as it arrives, **turn it on and follow the voice prompts**. Keep pushing until help takes over.

**100–
120**
PER MINUTE

Push to the beat of a song you know, like "**Stayin' Alive**" or "**Baby Shark**." Don't stop. Switch with someone every 2 minutes if you can.



Practice now with our free CPR metronome

Scan the code, or visit **twinstatesafety.com**

Hands-on CPR, AED & First Aid classes for workplaces and community groups in Vermont & New Hampshire · info@twinstatesafety.com