

Heartsaver® **Adult CPR AED**



- Tap & Shout
- Send someone to call 9-1-1
- Get an AED if available



- Look for no breathing or gasping for air
- Push hard & fast, at a rate of 100-200 compressions/minute (push to the beat of a song like "Sweet Home Alabama," "I Will Survive," or "Uptown Funk.")



- Open the airway & give 2 breaths
- Repeat sets of 30 compressions & 2 breaths



- When the AED arrives, turn on and follow the instructions
- When EMT's arrive, follow their instructions