

life happens.

PLAN FOR IT.

YOUR GUIDE TO HANDS-ONLY



This type of CPR is recommended for teenagers and adults, not infants or young children.



1

Tap the person to see if they're responsive, and ask if they're ok.

If unresponsive, call 911. If the person is not breathing, begin CPR.



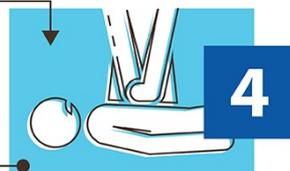
2



3

Place the palm of your hand on top of your other hand, and lace your fingers together.

Kneel down, place your hands in the center of the chest, and keep your shoulders directly over your hands.



4



5

Push down hard, wait for the chest to rise, and repeat. Maintain a rapid pace, and try to do 100 compressions per minute.

Continue until emergency services arrive.



6

PlanForIt.org



CHI St. Luke's
Health
Emergency Services

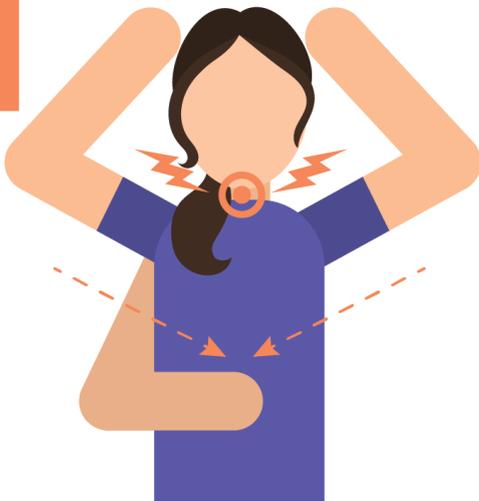
Sources:
American Red Cross
American Heart Association

HOW TO DO THE HEIMLICH MANEUVER

Do the Heimlich if the choking person:

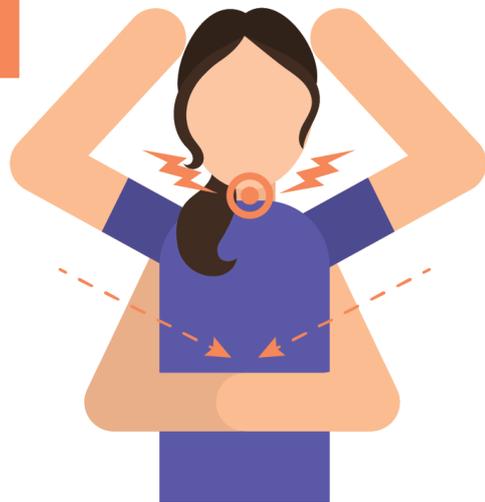
- Can't speak or cough
- Is conscious
- Is over 1 year old

1



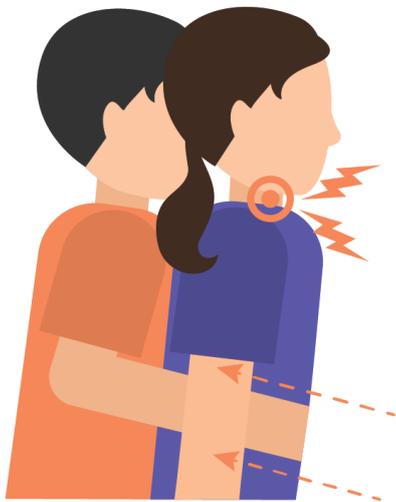
Put the **thumb side** of your fist slightly above the person's bellybutton.

2



Hold your fist tight with your other hand.

3



Quickly thrust upward and inward into the person's belly.

4



Repeat several times until the choking object comes loose.



IF IT DOESN'T DISLodge OR THE PERSON FAINTS, DO CPR UNTIL 911 HELP ARRIVES.

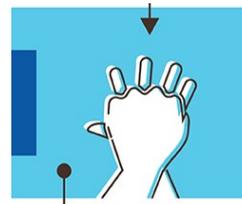




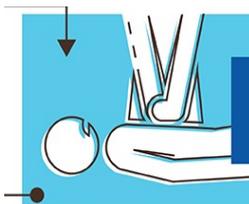
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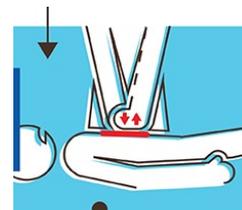
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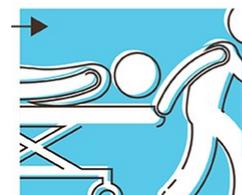
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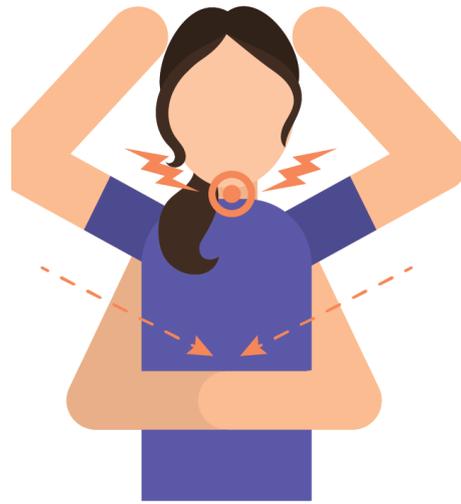
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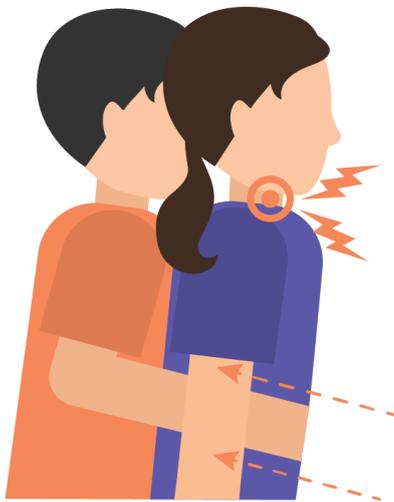
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