

# HOW TO PERFORM CPR

Follow these 5 basic steps to perform hands-only CPR.



**1. Call emergency services and check for responsiveness.**



**2. Lay the person flat on a firm surface and open airways. If they are not breathing then start CPR.**



**3. Place your hand in the center of their chest. Put your other hand on top and interlock your fingers.**



**4. Push down hard and fast at a rate 2 compressions/ second.**



**5. Continue until help arrives.**

Remember, this is only a basic guide for hands-only CPR. Get CPR certified today to ensure you are prepared. Schedule your training with Global Safety at [www.globalsafety.us](http://www.globalsafety.us)