Montana Cardiac Ready Communities

MONTANA DPHHS
Healthy People. Healthy Communities.

Montana HeartRescue

IF SOMEONE SUDDENLY COLLAPSES...

CALL 911

- Shake the person and shout, "Are you OK?"
- If others are with you, tell them to call 911 and find an AED
- If alone, call 911 and listen for further instructions.

PUSH HARD & FAST ON CHEST

- If the person is unconscious and not breathing normally (gasping, moaning), lie them on the floor face up
- Place one hand on top of the other on the center of the chest
- With straight arms, push **HARD** and **FAST** at a rate of 100 times per minute, allowing the chest to recoil each time
- Keep pushing until help arrives

USE AN AED

- If an AED is available, turn it on and follow the instructions
- Otherwise, continue CPR until help arrives.

NOTE: For unconscious children (age 8 or under), or for adult victims of drowning or choking, start regular CPR by pushing 30 times on the center of the chest followed by 2 mouth-to-mouth breaths. However, even in those cases, hands-only CPR is better than doing nothing.

HANDS-ONLY CPR INSTRUCTIONS

Lend a hand
Save a life

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For more information, please visit:
http:dphhs.mt.gov/publichealth/EMSTS/cardiacready

For additional CPR training, contact:
American Heart Association: www.heart.org/cpr
American Red Cross: www.redcross.org/take-a-class

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