



Helping Hearts With CPR



What is CPR?

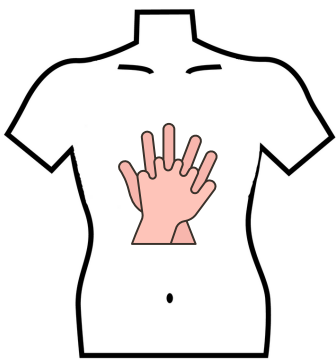
“CPR is an emergency lifesaving procedure performed when the heart stops beating.”

- American Heart Association

How Do I Give CPR?*

1 Check if the victim is breathing. If they are unconscious and not breathing, first call **9-1-1**.

2 Lay the person flat on their back. Place your hands in the center of the person's chest right below their rib cage, with fingers laced together.



3 With straight arms and shoulders over the victim's chest, quickly press down 2 inches into the chest 100 times every minute.



4 Continue until medical professionals arrive.



People with female anatomy often receive CPR less than those with male anatomy.

*CPR should only be performed after completing a training course from a certified instructor.

Learn more: [Red Cross CPR Training](https://www.redcross.org/learn/what-we-teach/courses/cpr)

CPR on a person with female anatomy is the same as on a person with a male anatomy.

CPR is a lifesaving tool that everyone deserves, regardless of gender.

For more information, please visit
ea-cpr.com