

# Helping Hearts With CPR



## What is CPR?

“CPR is an emergency lifesaving procedure

performed when the heart stops beating.”

- American Heart Association

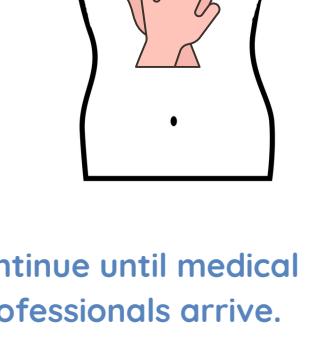
## How Do I Give CPR?\*

1

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

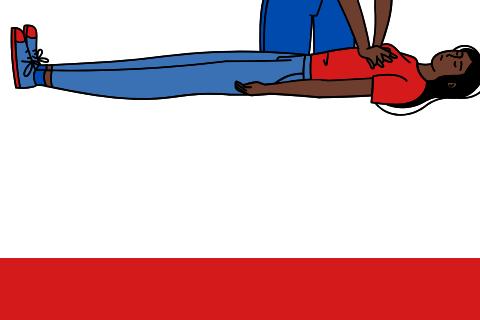
2

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](#)

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.