

# Steps to CPR

## 1. Call 911

- If a person is of unknown status, there is no error in calling 911

## 2. Push fast and hard on the center of the chest

- Focus more on circulating blood than giving breaths

## 3. Use an AED

- Send someone to get the AED while you give compressions. The AED will give instructions once powered on

---

**Remember, *YOU* are always the most qualified person to save a life. The quicker you act, the greater the chance of recovery.**