It’s safe. It’s easy.
It requires no mouth-to-mouth contact.

If you witness a sudden unexpected collapse in an adult, follow these simple steps:

1. Direct someone to call 911 or make the call yourself.
2. Push hard and fast in the center of the chest.

Position the patient on the floor. Place the heel of one hand on the center of the chest with the other hand on top of the first. Lock your elbows and perform fast, forceful chest compressions. Lifting your hands slightly after each push to allow the chest to rise up. Take turns with a bystander until fire department paramedics arrive.

If an automated external defibrillator (AED) is available, attach it to the patient and follow the machine’s voice instructions. Otherwise, keep pumping.

REMEMBER: If you just call 911 and do not perform chest compressions, the patient most likely WILL NOT SURVIVE!

NOTE: Gasping is not an indication of normal breathing or recovery. Initiate and continue compressions even if the patient gasps.

For cases of suspected drowning; drug overdose; or collapse in children follow standard CPR.

To learn more, go to HandsOnlyCPR.org; call (913) 971-7900; or visit your local Olathe fire station.