PulsePoint



Get alerted to sudden cardiac arrests in your immediate vicinity, so that you can start CPR in the critical lifesaving minutes before EMS teams arrive.

IF AN ADULT SUDDENLY COLLAPSES AND STOPS BREATHING NORMALLY, FOLLOW THESE STEPS UNTIL HELP ARRIVES.

- 1. Call 911 immediately.
- 2. If someone else is available, have them retrieve the nearest public access AED.
- 3. Push hard and fast in the center of the chest, at a depth of 2 inches, and at a rate of 100 compressions per minute. Keep pushing until the person starts to breathe or move or someone with more advanced medical training takes over.









