



HeartSafe Home Action Plan



For Our Home: _____

CHECK BREATHING

- Do they respond when you call out “Hey, are you OK”?
- Look and listen for breathing
 - Look to see if their chest rises and falls
 - Listen over their mouth and nose for breathing sounds (10 seconds max)
- If they are not breathing normally call 911 and start CPR.

CALL 911

- Try to remain calm.
- Answer the call taker’s questions.
- Follow the call taker’s instructions.

PREPARE FOR CPR

- Try to move the person to the ground or flat surface
- Get on your knees next to the person’s chest

START HANDS-ONLY CPR

- Lace your fingers of both hands together, as seen in the image.
- Straighten your arms, lock your elbows
- Center your shoulders directly over your hands.
- Push hard and fast in the center of the chest at 100-120 beats per minute
- When you start CPR, **DON'T STOP** unless another person is prepared to continue

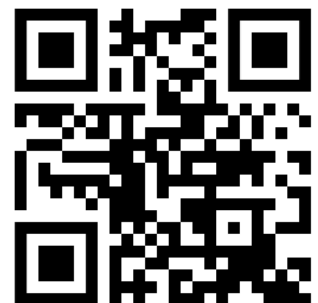
UNLOCK HOME ENTRANCE

- Have someone **not performing CPR** unlock the door
- Make a clear path for first responders
- Move pets out of the way



NOTES

--



heartsafehome.org