HeartSafe Home Action Plan

Home Address: ________________________________

1. Check Breathing
   • Do they respond when you call out “Hey, are you OK”?  
   • Look and listen for breathing  
     o Look to see if their chest rises and falls  
     o Listen over their mouth and nose for breathing sounds for no more than 10 seconds  
   • If they are not breathing normally, call 911  

2. Call 911
   • Try to stay calm  
   • Answer the dispatcher’s questions  
   • Follow the dispatcher’s instructions  

3. Prepare For CPR
   • Try to move the person to the ground or flat surface  
   • Position yourself at the person’s side, kneeling close to one side of the chest  

4. Start Hands-Only CPR
   • Hand position: Two hands centered on the chest, as seen in the image  
   • Body position: Shoulders directly over hands, elbows locked  
   • Depth: At least 2 inches  
   • Rate: 100 to 120 beats per minute  
   • Allow chest to return to normal position after each compression  
   • Push hard and fast until you see obvious signs of life or until emergency help arrives and takes over  

5. Unlock Home Entrance
   • If someone else is at home, have them unlock the door and make a clear path for first responders  
   • If you are alone, continue CPR until the 911 dispatcher tells you to open the door  

NOTES

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