



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
 - Look to see if their chest rises and falls
 - 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

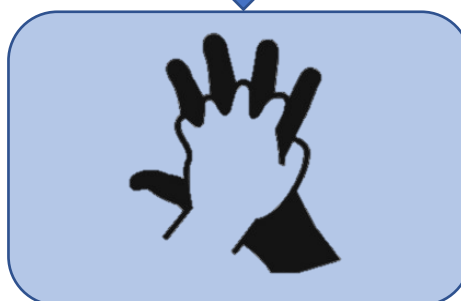
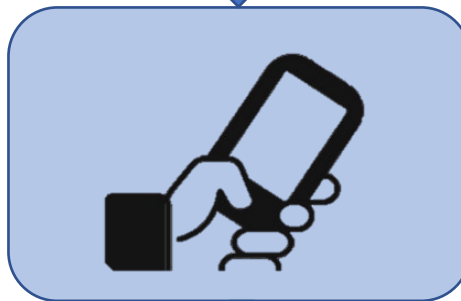
- Try to move the person to the ground or flat surface
- Position yourself at the person’s side, kneeling close to one side of the chest

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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