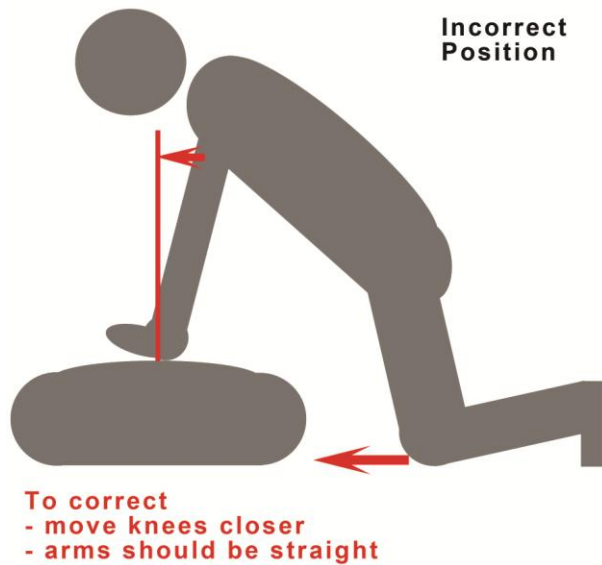


Body and Hand Position For Chest Compressions



Knees are too far away from the body

Shoulders should be straight over the chest

Arms should not be sloped

Correct Position



KNEES - Kneel as close as possible (either side victim)

ARMS - Arms straight over chest
Press down with upper body (not just your arm muscles)

HANDS - Lock Hands, place in middle of chest (along the sternum close to the bottom or just below the nipple line)

Review of How To Perform

Depth: Press the chest down approximately 1/3 of the body depth (more than 2 inches)

Rate: About 2 per second, more than 100 per minute (The Bee Gees "Staying Alive")

Release: Allow chest all the way up (without taking your hands way off the chest)