



A program of healthRIGHT 360



# SETTING THE STANDARD IN NON-JUDGMENTAL EVENT MEDICINE

## VOLUNTEER WITH ROCK MEDICINE

WHETHER YOU'RE A DOCTOR, NURSE, EMT, OR JUST HAVE A CPR CARD AND WANT TO START HELPING OUT AND LEARNING FROM THE BEST, JOINING ROCK MEDICINE AS A VOLUNTEER TAKES JUST FOUR EASY STEPS:



### BLS HCP Card

AHA, Red Cross, or ASHI  
Healthcare cards accepted.



### Online Application

Complete a basic application  
with experience and references.



### Current Certifications

Upload copies of your current  
certifications for verification.



### Orientation

Attend in-person orientation to  
learn how to start volunteering!

# HANDS-ONLY CPR

In cardiac arrest, seconds count. If you find someone who is **unresponsive** and **not breathing normally**, your actions may save their life.

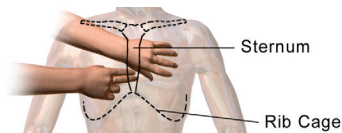
## 1 Activate Emergency Response.

Call 911, or ask someone else to call for you.

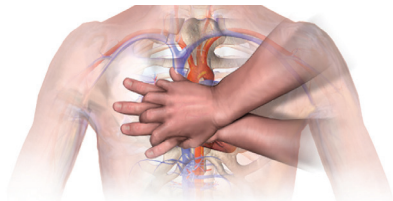


## 2 Place the heel of one hand in the middle of the victim's chest.

(2 fingers above the bottom of the sternum).



## 3 Place your other hand on top of the first, and lock fingers.



## 4 Start Chest Compressions.

Lock your elbows, and push down hard (2 inches), and fast (100 times/min.) until help arrives.