STAYIN’ ALIVE

So, tell me, young man, do you remember what your Dad and I taught you about hands-only C-P-R?
Yes!
Uh, Kind of.
If you see a teen or adult suddenly collapse, the first thing you do is?
Call 9-1-1.
And the second thing you do is?
Push hard and fast in the center of the chest at a rate of at least one hundred beats per minute. Who even knows what a hundred beats per minute sounds like?