

HANDS ONLY CPR

2 STEPS TO SAVE A LIFE



Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by anyone who is untrained in regular CPR and sees a teen or adult suddenly collapse. Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. It can double or even triple a victim's chance of survival.

STEP 1 CALL 9-1-1



Either you call or direct someone else nearby to do it. Ask for an ambulance to respond to a collapsed victim.

Stay on the phone until the 911 dispatcher (operator) tells you to hang up. The dispatcher will ask you about the emergency.



They will also ask for details like your location. It is important to be specific, especially if you're calling from a mobile phone as that is not associated with a fixed location or address. Remember that answering the dispatcher's questions will not delay the arrival of help.

Always follow the instructions given by the dispatcher.

STEP 2 PUSH THE CHEST



- Place the heel of your hand directly on the center of the chest, between the nipples.
- Push down firmly about 2 inches deep
- Push fast at a rate of 100/120 beats per minute (About two pushes per second).

TIPS:

If you are alone and calling from a cellphone, place the phone on speaker and immediately begin pushing on the chest. Continue pushing while talking to the dispatcher.

Push to the beat of any song that is 100-120 beats per minute. A good example is "Stayin' Alive" by the Bee Gees

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

IMMEDIATE CPR CAN DOUBLE A PERSON'S CHANCE OF SURVIVAL