Hands-Only CPR



- 1 CHECK and CALL
 - 1. **CHECK** the scene, then **CHECK** the person.
 - 2. Shout to get the person's attention. If the person does not respond, tap the person's shoulder and shout again while checking for normal breathing for 5 to 10 seconds.
 - If the person does not respond and is not breathing normally,CALL 9-1-1 and continue to step 2.

TIPS:

- When possible use latex-free disposable gloves when giving care.
- Occasional gasps are not normal breathing.
- Use the speaker mode of a mobile phone to alert emergency responders while giving care.



2 GIVE CHEST COMPRESSIONS

- 1. Place the heel of one hand in the center of the person's chest.
- 2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
- Keeping your arms straight, position your shoulders directly over your hands.
- 4. Push hard and push fast!
 - Compress at least 2 inches.
 - O Compress 100-120 times per minute.
 - Let the chest completely rise before pushing down again.
- 5. Continue chest compressions.



3 DO NOT STOP

Except in one of these situations:

- You notice an obvious sign of life.
- Another responder arrives and takes over (if two responders are available take turns giving compressions switching every two minutes).
- You are alone and too tired to continue.
- An AED is ready to use.
- EMS personnel take over.
- The scene becomes unsafe.

AED AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

- 1. Turn on AED and follow the audio prompts.
- 2. Remove clothing from chest and wipe chest dry if
- 3. Attach the pads as shown on the package or AED.
- 4. Plug in connector, if necessary.

- 5. Make sure no one is touching the person.
- 6. Push the "Analyze" button, if necessary.
- 7. If a shock is advised, push the "Shock" button making sure no one is touching the person.
- 8. Perform compressions and follow AED prompts.

Go to redcross.org or call 1-800-RED-CROSS to sign up to be trained and certified in full CPR, First Aid, Babysitter's Training and much more.