

HANDS-ONLY

CPR

475,000 people die yearly from sudden cardiac arrest. The **5-7 minutes** that pass between calling 911 and first responders arriving is critical.

Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating. Performing CPR can double or triple chances of survival after cardiac arrest.

Hands-Only CPR is just that, HANDS-ONLY!

This technique keeps cardiac arrest victims alive and limits damage to the brain.

THEIR LIFE CAN BE IN THE PALM
OF YOUR HANDS!

HOW TO PERFORM HANDS-ONLY CPR



CHECK for responsiveness:
shake the person and shout, "Are you all right?"



CALL 9-1-1 or tell someone to do so if the person is unresponsive with no or slow breathing.



COMPRESS:

- ▶ Position the person on the floor, face up.
- ▶ Kneel right next to the person — so your knees touch their arm.
- ▶ Place the heel of one hand on the center of the chest and the other hand on top.
- ▶ Lock your elbows, put your shoulders over the center of the chest, and push **HARD** straight downward — at least two inches.
- ▶ Lift your hands off the chest slightly after each compression to allow the chest to fully re-expand.
- ▶ Compress **FAST** at a rate of 100 per minute. Think of the song "Stayin' Alive".



CONTINUE until EMS arrives:

- ▶ Don't stop if the person gasps. Gasping is not a sign of recovery — it's because you are doing a good job with CPR.
- ▶ Switch with others regularly before you tire.



To find a
CPR training location,
scan here



SCAN ME



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