

HOW TO PERFORM HANDS-ONLY CPR

If you see someone collapse or find someone lying on the ground:

- 1** Call **9-1-1** or send someone to do so.

Hands-Only CPR **Hands-Only Cardiopulmonary Resuscitation**

- The victim must be on a firm and flat surface and facing upwards



2 CHEST COMPRESSIONS

- Draw a line, with your hand, from the armpit to the center of the chest



- Place the heel of one hand on the lower half of the sternum or breast bone and place other hand over the first. Interlace fingers.
- Straighten your arms and position your shoulders over the victim's chest.

- Push down hard and fast, 2 inches (or 5 centimeters) deep at the rate of at least 100 compressions per minute.



- Lift your hands slightly off the chest between each compression to allow for full chest re-coil.

CONTINUE CHEST COMPRESSIONS UNTIL:

- The victim begins breathing.
- Another trained responder arrives and is ready to take over.



- You are physically unable to continue.



Red Cross Cpr Guidelines 23

S Ashworth

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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