

Hands Only CPR

Instructor Guide



Why Learn Hands-Only CPR:

- 80% of Sudden Cardiac Arrests occur at home – so the life you are most likely to help save is a family member or friend.
- Sudden Cardiac Arrest is an electrical problem with the heart where it stops beating and pumping blood. That causes the brain to shut down, so the person suddenly collapses and is unconscious.
- EMS can restart the heart using a defibrillator (AED) and/or medications – but take 5 or more minutes to arrive.
- Hands-Only CPR can keep the heart and brain alive until EMS takes over.
- Mouth-to-mouth breathing is not necessary – there is oxygen in the blood.

How to Perform CPR:

1. **Check** for responsiveness:
 - Shake the person and shout, “Are you all right?”
 - If no response, rub the breast bone with your knuckles.
 - If still no response, move to step 2.
2. **Call** 9-1-1 or tell someone to do so:
 - If the person is unresponsive and breathing slowly or not at all.
3. **Compress**:
 - Position the person on the floor, face up.
 - Kneel right next to the person – so your knees touch his/her arm.
 - Place the heel of one hand on the center of the chest (between the nipples) and the other hand on top of the first.
 - 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**.
4. **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.
 - When you tire, switch off with others

That’s It!

- For additional questions, refer to FAQ sheet.
- Trainees should get a wallet card and instruction sheet (with photos).