

# Safety Spotlight

## Hands-Only CPR

### April 2018



## Hands-Only CPR Can Save Lives

Many people who experience cardiac arrest at home, work or in a public location do not survive due to not receiving immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help. When calling 911, you will be asked for your location. Be specific, especially if you're calling from a mobile phone as that is not associated with a fixed address. Answering the dispatcher's questions will not delay the arrival of help. Follow steps and help save a life!

## Check Responsiveness and Call

- \* Check the scene and check the person.
- \* Tap on the shoulder and shout, "Are you okay?"
- \* Call 9-1-1 if no response.
- \* If unresponsive and not breathing, begin chest compressions.

**DID YOU KNOW?**

Immediate CPR can double or even triple a person's chance of survival.



## Give Chest Compressions

1. Place the heel of one hand on the center of the chest.
2. Place the heel of the other hand on the top of the first hand.
3. Keep your arms straight, position your shoulders directly over the chest.
4. Push hard compressing the chest at least 2". Push fast at a rate of 100 - 120 pushes per minute.
5. Let the chest rise completely before pushing down again.
6. Continue until help arrives.



Information Provided By: American Heart Association

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