

Your Hands – Their Heart

Compression-Only CPR

If you witness someone collapse unexpectedly, follow these steps:

1. Shake the person and shout, “Are you OK?” If the person is unresponsive and not breathing, or breathing abnormally (struggling to breathe, gasping or snoring), direct someone to call 9-1-1 or make the call yourself.
2. Position the patient with their back on the floor. Place the heel of one hand on the center of the chest (between the nipples) and the heel of the other hand on top of the first. Lock your elbows, place your shoulders vertically above your hands and use the weight of your upper body to “fall” downward, compressing the chest 2 inches deep. Lift your hands slightly each time to allow the chest wall to recoil. Compress the chest at a rate of about one hundred per minute (slightly faster than one compression per second). When you tire, take turns with others until paramedics arrive.
3. If an automated external defibrillator (AED) is available, turn it on and follow the AED’s voice instructions. If no AED is available, continue chest compressions with as few interruptions as possible.

Important:

Struggling to breathe or gasping is not a sign of recovery! Initiate and continue chest compressions even if patient gasps.

Note: For cases of near drowning, drug overdose or unresponsiveness of young children (age 8 or under), follow conventional CPR (2 mouth-to-mouth ventilations followed by 30 chest compressions). However, even in those cases, Compression-Only CPR is better than doing nothing. To learn conventional CPR, a formal training class is recommended.



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