

Hands-Only CPR

What is it?

“Compression-Only CPR” or CPR without breaths.

When can it be used?

Hands-Only CPR is an appropriate action for any bystander to

Take at the scene of an:

- Out-of-hospital
- Witnessed
- Adult
- Sudden cardiac arrest

Why is it an option, now?

Since 2005, Hands-Only CPR has been recommended as an appropriate response to cardiac arrest victims when lay persons are “. . . unable or unwilling to provide rescue breaths . . .” and as an option for emergency medical dispatchers giving CPR instructions to a caller at the scene of an adult cardiac arrest that was not likely caused by asphyxia. Recently published studies have shown that adult victims of out-of-hospital cardiac arrest who receive bystander hands-only CPR have a similar chance of survival as those victims who receive conventional CPR. In addition, further simplification of CPR instructions will encourage more bystanders to take appropriate action. These facts have prompted the ECC Committee to broaden the recommended use of Hands-Only CPR.

If you see an adult suddenly collapse,

- call 9-1-1
- push hard and fast in the center of the chest



Don't be afraid to try it. Your actions can only help