Hands-Only CPR

What is it?
Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see a teen or adult suddenly collapse in an “out-of-hospital” setting such as at home, work, or in a public place. When a teen or adult suddenly collapses with cardiac arrest, their lungs and blood contain enough oxygen to keep vital organs healthy for the first few minutes, as long as someone provides high-quality chest compressions with minimal interruption to pump blood to the heart and brain.

How is “Hands-Only CPR” performed?
1. **Check and Call**: Check the scene and the person. Tap on the shoulder of the person and shout “Are you okay?” and look for breathing. If no response call 9-1-1. If unresponsive and not breathing begin chest compressions.
2. **Give Chest Compressions**: Place the heel of one hand in the center of the chest and place the heel of the other hand on top of the first, lacing your fingers together. Keep your arms straight, position your shoulders directly over your hands. Push hard and fast. Compress the chest at least 2 inches, 100 times per minute (the beat of the disco song “Stayin’ Alive”), and let the chest rise completely before pushing down again.
3. **Do Not Stop**: Only stop if you see an obvious sign of life (breathing), a trained responder or EMT arrives, an AED is ready to use, the scene becomes unsafe, or you are too exhausted to continue.

For more information visit the American Heart Association at: [www.heart.org](http://www.heart.org)

Heart conditions that can lead to sudden cardiac arrest:
- Coronary artery disease
- Heart attack
- Enlarged heart (cardiomyopathy)
- Valvular heart disease
- Congenital heart disease
- Heart rhythm abnormalities

Risk factors for cardiac arrest:
- Family history of coronary artery disease
- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Diabetes
- A sedentary lifestyle
- Drinking too much alcohol

Prevention of cardiac arrest:
- Quit smoking
- Use alcohol in moderation
- Eat a nutritious, balanced diet
- Stay physically active
- Maintain a healthy weight
- Schedule annual preventive visits
- Monitor blood pressure and cholesterol levels