

Hands-Only CPR: A Simple Yet Powerful Act

Sudden cardiac arrest is a critical condition where the heart unexpectedly stops beating, leading to a loss of blood flow to the brain and other vital organs. Time is of the essence in these situations. Hands-Only CPR is a powerful and easy-to-learn technique that dramatically increases the chances of survival for someone experiencing sudden cardiac arrest.

What is Hands-Only CPR?

Hands-Only CPR is exactly what it sounds like: CPR performed solely with chest compressions, without mouth-to-mouth resuscitation. It's recommended for use when you see a teenager or adult suddenly collapse.

We encourage you to visit the American Heart Association website or attend a local training session to gain confidence in this vital skill.



How to Perform Hands-Only CPR:

1. **Call 911 immediately.** This is the first and most crucial step.
2. **Push hard and fast in the center of the chest.** Place the heel of one hand on the center of the person's chest, then place the heel of your other hand directly on top of the first hand.
3. **Compress at a rate of 100 to 120 compressions per minute** (think to the beat of "Stayin' Alive" by the Bee Gees).
4. **Continue until professional help arrives or the person starts to move.**

