

HANDS-ONLY CITIZEN CPR

FOR WITNESSED SUDDEN COLLAPSE



**American
Red Cross**
Cincinnati Region

1.

CHECK and CALL

1. **CHECK** the scene, then **CHECK** the person.
2. Tap on the shoulder and shout, "Are you okay?" and quickly look for normal breathing.
3. **CALL 9-1-1** if no response.
4. If unresponsive and not breathing normally, **BEGIN CHEST COMPRESSIONS.**

TIP: Whenever possible use disposable gloves when giving care.



2.

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 top of the first hand, lacing your fingers together.
3. Keep your arms straight, position your shoulders directly over your hands.
4. Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
5. Continue chest compressions.



3.

DO NOT STOP

Except in one of these situations:

- You see an obvious sign of life (normal breathing).
- You are too exhausted to continue.
- Another trained responder arrives and takes over.
- An AED is ready to use.
- EMS personnel arrive and take over.
- The scene becomes unsafe.

AED

AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button.
8. Perform compressions and follow AED prompts.

Go to www.redcross.org or call 1-800-RED CROSS to sign up for training in full CPR/AED, First Aid, Babysitter's Training, Pet First Aid and much more.