Hands-Only CPR

American Red Cross

① CHECK and CALL

1. **CHECK** the scene, then **CHECK** the person.
2. Shout to get the person's attention. If the person does not respond, tap the person's shoulder and shout again while checking for normal breathing for 5 to10 seconds.
3. If the person does not respond and is not breathing normally, **CALL 9-1-1** and continue to step 2.

TIPS:
- When possible use latex-free disposable gloves when giving care.
- Occasional gasps are not normal breathing.
- Use the speaker mode of a mobile phone to alert emergency responders while giving care.
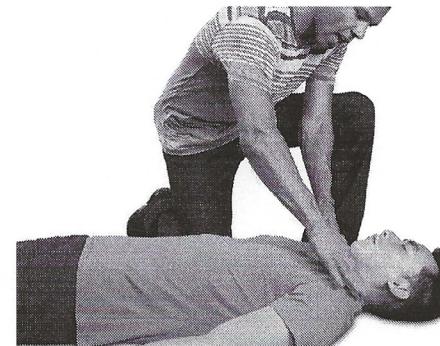
② GIVE CHEST COMPRESSIONS

1. Place the heel of one hand in the center of the person's chest.
2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
3. Keeping your arms straight, position your shoulders directly over your hands.
4. Push hard and push fast!
   - Compress at least 2 inches.
   - Compress 100–120 times per minute.
   - Let the chest completely rise before pushing down again.
5. Continue chest compressions.
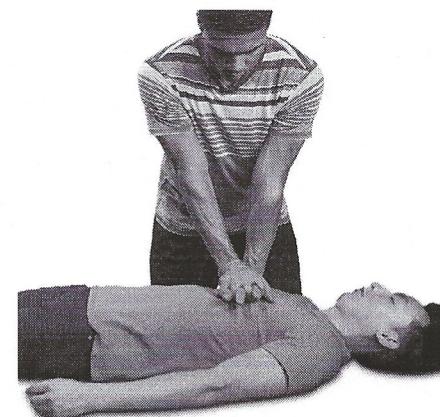
③ DO NOT STOP

Except in one of these situations:
- You notice an obvious sign of life.
- Another responder arrives and takes over (if two responders are available take turns giving compressions switching every two minutes).
- You are alone and too tired to continue.
- An AED is ready to use.
- EMS personnel take over.
- The scene becomes unsafe.

AED AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:
1. Turn on AED and follow the audio prompts.
2. Remove clothing from chest and wipe chest dry if needed.
3. Attach the pads as shown on the package or AED.
4. Plug in connector, if necessary.
5. Make sure no one is touching the person.
6. Push the "Analyze" button, if necessary.
7. If a shock is advised, push the "Shock" button making sure no one is touching the person.
8. Perform compressions and follow AED prompts.

Go to redcross.org or call 1-800-RED-CROSS to sign up to be trained and certified in full CPR, First Aid, Babysitter's Training and much more.