



CHECK ✓

Check the scene for safety.
Check the victim for consciousness, breathing,
signs of life and severe bleeding.

CALL ✓

Dial 9-1-1 or a local emergency number.

CARE ✓

Care for conditions you find.

HANDS-ONLY CPR For witnessed sudden collapse

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 breathing.
3. CALL 9-1-1 if no response.
4. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS

TIPS:

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.



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

AED AUTOMATED EXTERNAL DEFIBRILLATOR

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.



In cooperation with your local Fire Department,
School Districts, Department of Parks and
Recreation, and City Governments.

Visit our website to find your local Red Cross chapter,
and enroll in a CPR or First Aid course today!

www.redcross.org

