

Hands-Only CPR

The American Heart Association says bystanders who witness an adult's* sudden cardiac arrest can opt to perform hands-only CPR and skip mouth-to-mouth breathing. If someone collapses, stops normal breathing and is unresponsive to shaking:

First, have someone call 911, or call yourself.

Put the victim on the floor, face up.

Assess for breathing.

Put one hand on top of the other in the middle of the victim's chest.

Push hard and fast, 100 presses a minute.

If there's another bystander, take turns.

Continue until paramedics take over.

Use an automated external defibrillator if available.

*** Children and drowning victims still need mouth-to-mouth.**

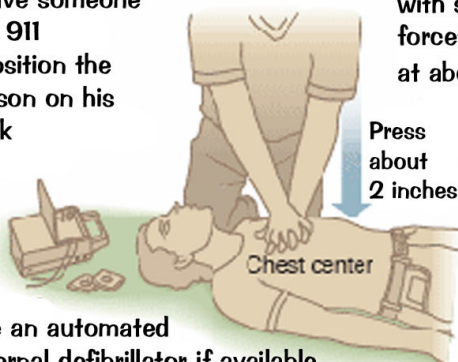


Simplifying Hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth beathing.

If you see someone collapse....
..have someone call 911
..position the person on his back

Begin hands-only CPR with straight arms and forceful compressions at about 100 a minute.



Press about 2 inches
Lift hands slightly after each to allow chest to recoil.

Take turns with a bystander until emergency medical services arrive.

Use an automated external defibrillator if available.
Keep CPR interruptions to a minimum.

Take Heart
❤️ **Anoka Co.**
Sudden Cardiac Arrest Survival Initiative



**For more information on
CPR training options or
AED placement**

**www.takeheartanoka.org
651-228-8470**