

## **Hands-Only CPR**

Hands-Only CPR is CPR without mouth-to-mouth breaths. It can be used by any bystander to treat adult victims of out-of-hospital witnessed sudden cardiac arrest. Conventional CPR (CPR with breaths and compressions) should be provided for all infants and children, for adult victims who are found already unconscious and not breathing normally, and for any victims of drowning or collapse due to breathing problems.

If you are at the scene of an adult victim with sudden cardiac arrest, you should use the CPR technique that allows you to confidently deliver good-quality chest compressions with minimal interruption—either conventional CPR or Hands-Only CPR.

Performing chest compressions only is called Hands-Only CPR. It can be used by any bystander to treat adult victims of out-of-hospital, witnessed cardiac arrest. Professional rescuers in a real world role of bystander at the scene of an adult victim of witnessed cardiac arrest should use the CPR technique that allows them to confidently deliver good-quality chest compressions with minimal interruption.

For witnessed cardiac arrest:

1. Call 911!
2. Open the airway and check for breathing.
3. Begin chest compressions. (Until the patient breaths, help arrives or you are too tired to carry on).