

HANDS-ONLY CPR PRIMER

For the general public or bystanders

DANGER

Assess scene safety

Call or send someone for help

RESPONSE

CHECK for verbal response,
breathing, bleeding or other
life-threatening conditions

CONSCIOUS

- Get permission to help
- Provide first aid until help arrives

UNCONSCIOUS

CIRCULATION

Begin chest compressions

HOW TO PERFORM ADULT HANDS-ONLY CPR

- 1. Ensure the person is on their back on a firm, flat surface*
- 2. Kneel beside the person*
- 3. Your knees should be near the person's body and spread about shoulder width apart*
- 4. Use correct hand placement*
- 5. Place the heel of one hand in the center of their chest, with your other hand on top*
- 6. Interlace your fingers and make sure they are up off the chest*
- 7. Use correct body position*
- 8. Position your body so that your shoulders are directly over your hands*
- 9. Lock your elbows to keep your arms straight*
- 10. Give continuous compressions*
- 11. Push hard and fast (at least 2 inches; 100 to 120 compressions per minute)*
- 12. Allow chest to return to its normal position after each compression*

COMMON QUESTIONS FOR CPR

Can I be sued for doing first aid?

It's possible, but the chances of that happening is very low. Many areas have the Good Samaritan Act, which is a law that protects a bystander provided that they did their best to help the person.

How can I be confident that I am doing the right thing?

At the end of the day, your level of confidence will correspond with your level and quality of training and practice. First aid is a skill that is very important to practice. Even healthcare workers are required to take refresher courses every two years.

Can I kill a person with CPR?

Watching CPR being done can be very graphic. It is understandable to think that you are going to hurt someone. Keep in mind though that this person is not breathing. So yes, doing compressions on someone can hurt, but anyone on the receiving end of CPR is either already clinically dead (no pulse), or in a situation where they may die very soon.

Will I break ribs when I do CPR?

Rib fractures can occur when doing CPR chest compressions. Cracked bones are injuries that can heal within a few weeks. If you hear cracking while you are giving compressions, make sure your hands are in the correct position and continue compressing.

What if I don't have a first aid kit at the scene of an accident?

Not having a first aid kit handy in an emergency is a very common occurrence. There are plenty of things you can use to improvise, depending on the emergency.

What is the success rate of CPR?

CPR, especially if administered immediately after cardiac arrest, can double or triple a person's chance of survival.

About 90% of people who experience an out-of-hospital cardiac arrest die. If the first-aider is able to respond immediately, call 911, and apply an AED (Automated External Defibrillator) within one minute of the cardiac arrest, the chance of survival can be up to 90%! This goes down about 10% every minute that goes by without an AED. This is why having an AED accessible in busy public locations (like airports, malls and government buildings) is so important.