



CPR is cardiopulmonary resuscitation.

Hands Only CPR

This is giving chest compressions with no rescue breaths. It can be used for adults and teens who suddenly collapse.

Hands-Only CPR is not for:

- All infants and children.
- Adults and teens who have collapsed due to near-drowning, a drug overdose, or breathing problems.
- Adults and teens who are already unconscious and not breathing normally when found.

Hands-Only CPR – 2 Steps:

1. **Call 9-1-1** or get someone else to call!
2. **Push hard and push fast** in the center of the chest. **Give 100 compressions per minute**, such as to the tune of “Staying Alive” by the Bee Gees. (See step 1 on this page.) Keep this up until an **automated external defibrillator (AED)** is used or EMS arrives.

See the Hands-Only™ CPR video at www.cpr.heart.org.

CPR

Conventional CPR — Chest Compressions and Rescue Breaths

{**Note:** Doing Hands-Only CPR is advised for persons not trained in CPR. Take a training course in CPR to learn how to do it the right way. Find out about training at www.cpr.heart.org.} Do CPR when the person is not responsive, is not breathing, and does not have a pulse.

CPR for Adults and Teens

Shout for help! Call or have someone else call **9-1-1** and get an automated external defibrillator (AED) if one is nearby. If another person is around, one of you stay with the person. The other one call **9-1-1** and get the AED. Follow the **9-1-1** dispatcher’s advice. Do CPR until the AED is used or EMS takes over.

1. Begin **Chest Compressions:**

- Kneel at the person’s side. Place the heel of one hand ½ inch above where the ribs join the breastbone. Place your other hand on top of this one. Using the heels of your hands, depress the middle of the chest between the nipples at least 2 inches. Keep your arms straight. **A**



- **Push hard and push fast!** Give at least **100 chest compressions in one minute**. Relax pressure completely after each compression.

2. Open the person’s airway. With one hand, tilt the person’s head back. With 2 fingers of your other hand, lift the chin up. **B** If the airway is blocked, tilt the person’s head gently and slowly until the airway is open.
3. If the person is breathing, keep the airway open. Look for other problems.
4. If the person is not breathing, take a normal, (not deep) breath, and give him or her “**Rescue Breaths.**”



- Pinch the nose shut. Forming a tight seal, place your mouth over the person’s open mouth. **C**
- Give 1 full breath for 1 second. If the chest doesn’t rise, repeat head tilt chin lift. **B** Give the 2nd full breath for 1 second. Look to see if the person’s chest rises.





5. Give cycles of **30 chest compressions and 2 rescue breaths**, without a break, until the person starts to move, an AED is used, or EMS provides care.

CPR for Children Ages 1 to Puberty

Shout for help! **If you are alone, do CPR for 2 minutes before you call 9-1-1.** If the child does not appear to have a serious injury, carry the child to nearest phone and **call 9-1-1!** Put the phone on speaker mode. Follow the dispatcher's advice. If you are not alone, someone start CPR; someone else **call 9-1-1** and get an AED, if one is nearby.

1. Place the child on his or her back.
2. Start **Chest Compressions**:
 - Put one hand on the child's breastbone right between his or her nipples.
 - Using the heel of your hand (or both hands like in **A** on previous page) push straight down about 2 inches (at least one-third of the depth of the child's chest). **D**



Let the chest rise back up after each push.

- **Push hard and push fast! Give at least 100 chest compressions in one minute.** Relax pressure completely after each compression.
3. Follow steps 2, 3, 4, and 5 under **CPR For Adults and Children who Have Reached Puberty** on previous page and this page.

{**Note:** Chest compressions alone are better than doing nothing, but it is best to give chest compressions plus rescue breaths. Why? Airway problems are the main cause of cardiac arrest in infants and children.}

CPR For Babies Up to 1 Year Old

1. **If you are alone, do CPR for 2 minutes before you call 9-1-1.** If the child does not appear to have a serious injury, carry the child to nearest cell or other phone and **call 9-1-1!** Put the phone on speaker mode. Follow the dispatcher's advice. If you are not alone, someone start CPR; someone else **call 9-1-1!**

2. Start **Chest Compressions**:

- Put the tips of your middle and ring fingers on the baby's breastbone right between his or her nipples. **E**
- Slip your other hand underneath the baby's back for support.
- Push straight down about 1½ inches (at least one-third of the depth of the baby's chest). **Push at a rate of at least 100 compressions per minute.** Let the chest rise back up after each push.



3. If the baby is not breathing, or you are not sure he or she is breathing, give **Rescue Breaths**:
 - Cover the infant's mouth and nose with your mouth, forming a tight seal.
 - Give 1 full breath for 1 second. Look to see if the chest rises. Give the 2nd full breath for 1 second and look to see if the chest rises.
 - If the chest does not rise, go back to giving chest compressions. See step 2 listed above. After 30 more compressions, try rescue breaths again. {**Note:** If you can't give rescue breaths, just keep giving chest compressions.}
4. Give cycles of **30 chest compressions and 2 rescue breaths**, without a break. Do this until the baby starts to move or until EMS provides care.