

KNOW

HANDS-ONLY CPR

*Quickly responding and doing CPR for a person suffering from cardiac arrest can nearly **triple** their chance of survival.*

WHAT IS **CARDIAC ARREST**?

Cardiac arrest is a sudden electrical malfunction in the heart. It may be caused by abnormal or irregular heart rhythms that disrupt the flow of blood to the brain, lungs and other organ.

WHAT IS **HANDS-ONLY CPR**?

Hands only CPR is an effective method for doing CPR without mouth-to-mouth breaths. Hands only CPR is as effective as conventional CPR for helping someone suffering from cardiac arrest.

Often, people who experience cardiac arrest die because someone on the scene fails to act and perform CPR. Don't be afraid to do CPR. You could save a life.

Take steps to save a life.

**LEARN
HANDS-ONLY CPR
TODAY!**



Sheriff Tony
sheriff.org



HANDS-ONLY CPR

Steps to Save A Life

CHECK & CALL

1. CHECK the scene to be sure it's safe to help.
2. CHECK the person to see if they respond – Tap on the shoulder and shout “Are you okay?” and quickly check to see if they are breathing.
3. CALL 9-1-1 if they do not respond.
4. If unresponsive and not breathing, begin chest compressions.

GIVE CHEST COMPRESSIONS

1. Place the heel of one hand in 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 arms straight; keep shoulders directly over hands.
4. Push hard and fast in the center of the chest
 - 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 until someone else comes to help.

DO NOT STOP

Do not stop compressions unless:

- You see obvious sign of life (breathing)
- Another trained person arrives to take over.
- Emergency responders arrive and take over
- You are physically too exhausted to continue.
- An AED is ready to use.
- The scene becomes unsafe.

AED - Automated External Defibrillator

Steps to use an AED:

1. Turn on AED.
2. Wipe chest dry (if applicable).
3. Attach pads to bare chest.
4. Plug in pads connector (if applicable).
5. Follow AED prompts.
6. Make sure no one is touching the individual.
7. If shock is advised, push the “Shock” button.
8. Continue with compressions; follow AED prompts.