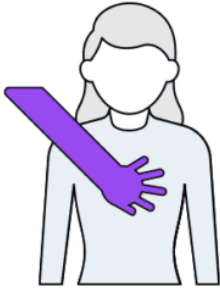
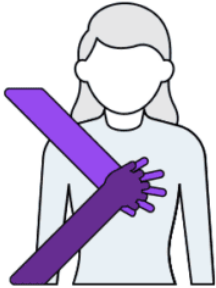
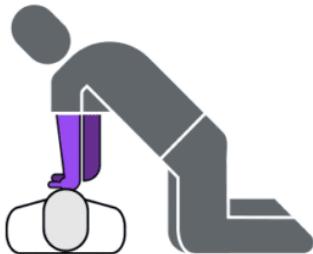
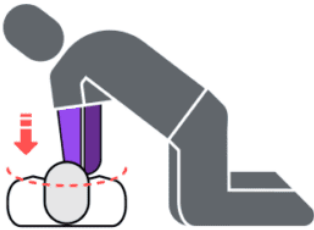
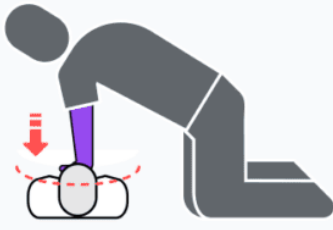


Why is Hands-Only CPR Important:

- You can triple a person's chances of survival from Sudden Cardiac Arrest (SCA) by immediately performing CPR
- Hands-Only CPR will not hurt the person in SCA, it can only help
- To perform Hands-Only CPR, you just need to push hard and fast on the center of their chest
- Start Hands-Only CPR immediately while 911 is being called
- Hands-Only CPR keeps blood flowing to a person's brain after their heart stops beating

How to Perform Hands-Only CPR

The worst thing you can do when someone is suffering from Sudden Cardiac Arrest is nothing! Hands-Only CPR, even if it's not performed perfectly, greatly increases a person's chances of survival. The steps below will guide you through how to perform Hands-Only CPR and teach you this simple skill that can save a life.

How to Perform Hands-Only CPR		
 1. Place the heel of one hand on the center of the person's chest.	 2. Place the heel of the other hand on top of the first hand, lacing your fingers together.	 3. Position your body so that your shoulders are directly over your hands. Keep your arms straight.
 4. Push hard and fast. Compress the chest at least 2 inches deep at 100-120 bpm.	 5. Perform chest compressions until emergency medical services arrive.	 NOTE: If the person is between 1-8 years old, use one hand for compressions.

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Helpful Hands-Only CPR Tips

- When you are performing proper CPR chest compressions, you may hear a cracking sound or feel something crack beneath your hands. This is usually the cartilage in the sternum or ribs breaking. While this may feel disturbing, it is OK and you must continue performing Hands-Only CPR. Do not let the fear of breaking ribs or causing other injuries stop you from performing Hands-Only CPR. It's better to break a couple of ribs than to let the person die!
- [Good Samaritan Laws](#) throughout the United States legally protect those who help rescue people that are ill or injured in emergency situations, including victims of Sudden Cardiac Arrest
- [Women are 27% less likely](#) to receive CPR in public spaces. Hands-Only CPR saves lives and should be administered to both men and women equally
- Hands-Only CPR can be tiring, so if someone else is nearby, take turns doing chest compressions! Just make sure that you are performing high-quality chest compressions without stopping or taking breaks
- To remember the correct rate for chest compressions, use the beat of a familiar song! Good CPR songs include *Stayin' Alive* by the Bee Gees, *Macarena* by Los Del Rio, and *Call Me Maybe* by Carly Rae Jepsen. For more songs, check out the [American Heart Association's special CPR Playlist](#)