

# Simplifying to hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

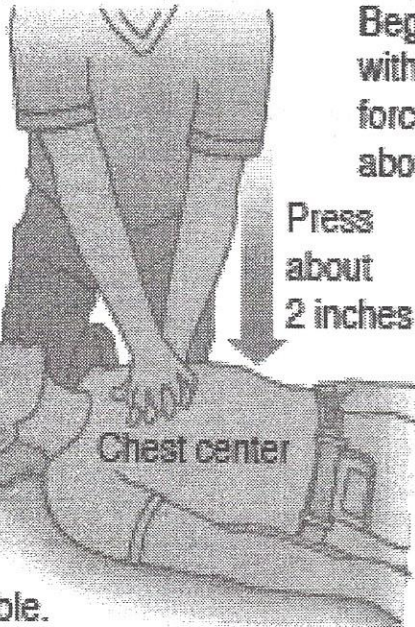
If you see someone collapse ...

... have someone call 911.

Position unresponsive adult.

Use an automated external defibrillator if available.

Keep CPR interruptions to a minimum.



Begin hands-only CPR with straight arms and forceful compressions at about 100 a minute.

Lift hands slightly after each to allow chest to recoil.

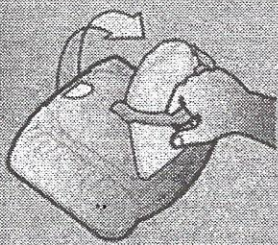
Take turns with a bystander until emergency medical services arrive.

SOURCES: University of Arizona Sarver Heart Center; American Heart Association

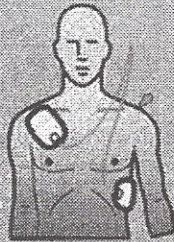
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Check for signs of Sudden Cardiac Arrest:  Unresponsive  
 Not Breathing Normally

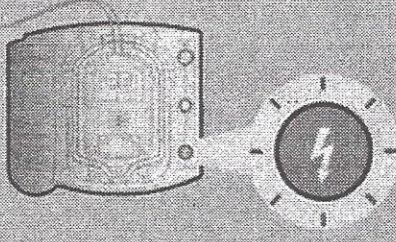
1 PULL



2 PLACE



3 PRESS



QUICK REFERENCE GUIDE