

Hands-Only CPR for Adults



CALL 102 IF A PERSON:

- Collapses
- Becomes unresponsive

1. Check Responsiveness

- Tap the person's shoulder and shout, "Are you OK?"
- Look for normal breathing. Call 102 if there is no response.
- Start Hands-Only CPR.
- Hands-Only CPR should not be used for adults whose cardiac arrest is due to drug overdose, near-drowning, or an unwitnessed cardiac arrest. In these cases, do a conventional CPR combination of chest compressions and rescue breathing.

2. Do Chest Compressions

- Place the heel of your hand on the center of the person's chest.
- Place the heel of your other hand on top of your first hand, lacing fingers together.
- Keep arms straight and your shoulders directly over your hands.
- Push hard and fast, compressing chest at least 2 inches.
- Let chest rise completely before pushing down again.
- Compress at least 100 times per minute.

3. Stop Only if:

- The person starts breathing normally.
- A trained responder or emergency help takes over.
- You are too exhausted to continue.
- There is an automated external defibrillator (AED) to use.

4. Use an AED as Soon as One Is Available

- Turn on the AED. It will give you step-by-step instructions.

- Wipe chest dry.
- Attach the pads.
- Plug in connector, if needed.
- Make sure no one is touching the person. Say "Clear" so that people know to stay back and not touch the person.
- Push the "Analyze" button if necessary.
- If a shock is advised, push the "Shock" button.
- Resume compressions and follow AED prompts.