

*It increases the likelihood of survival and is simple to learn and remember:*

If you see a teen or adult suddenly collapse, Hands-Only CPR is the recommended form of cardiopulmonary resuscitation (CPR).

Hands-Only  
CPR



Let's make sure the care of  
St. Mary's is *here when you need it.*

[SUPPORTSTMARYS.CA](https://supportstmarys.ca)

# How to Perform Hands-Only CPR

1. Kneel beside the person who needs help.
2. Place the heel of one hand on the center of the chest.
3. Place the heel of the other hand on top of the first hand, then lace your fingers together.
4. Position your body so that your shoulders are directly over your hands, and keep your arms straight.
5. Push hard. Push fast. Compressions are at least 2 inches deep, 100 per minute. ('Staying Alive', by the Bee Gees is a great song to help keep pace!) Let chest rise completely between compressions.
6. Keep pushing until:
  - Obvious signs of life
  - Trained responder/EMS arrives
  - Too exhausted to continue
  - Scene becomes unsafe

## Before Giving CPR



1. **Check the scene and the person.**  
Is it safe? Are they responsive or breathing?



2. **Call 911 for assistance.** If the person is unresponsive, call 911 or ask a bystander for help.



3. **Begin compressions.**  
If the person is unresponsive, perform Hands-Only CPR.