

# Hands-Only CPR

Hands-only CPR.

It could be one of the simplest and most important things you ever learn to do.

If you're somewhere when a teen or an adult suddenly collapses, there are just two things you need to do to help give that person the best chance of avoiding brain damage or death.

Step 1: Call 911.

Or even better, have someone else call 911.

A 911 operator can give you instructions over the phone on how to do CPR until emergency services arrive.

If there's an AED nearby, ask someone to go get it for you.

Step 2: Start chest compressions to help keep blood and oxygen flowing while you wait for help to arrive.

To do chest compressions, place the heel of one hand in the center of the person's chest.

Place your other hand on top, and lace your fingers together.

The top hand can help pull your fingers back so that you're just using the heel of your hand.

Lean forward and firmly press straight down— until the person's chest goes down about 2 inches.

Press hard and fast, at a rate of about 2 compressions a second— or 100 to 120 compressions a minute.

If it helps, think of pushing to the rhythm of the song "Stayin' Alive."

Continue with compressions until help arrives, the person starts breathing, or an AED is ready to use.

That's it.

Two steps.

Call 911.

And start hard and fast chest compressions.

You got this.