

Hands-only CPR

The latest research shows that chest compressions alone are the most effective way for an untrained bystander to save a life after an adult collapses from cardiac arrest. The technique shown here should not be performed on infants, children, drowning victims, or in cases involving a drug overdose. Otherwise, here's what to do.

- 1** Call 911 or ask someone else to.



- 2** Kneel beside victim's chest. Loosen clothing if practical.



- 3** Place the heel of one hand in the middle of the victim's chest.



- 4** Cover first hand with your other hand, locking fingers.



- 5** Push down hard and fast. Try to maintain at least 100 pushes per minute.

Lock your elbows and push with all your weight, depressing the chest 2 inches each pump.

Don't worry about hurting the victim – you're trying to save a life.

Continue until medical help arrives.

