

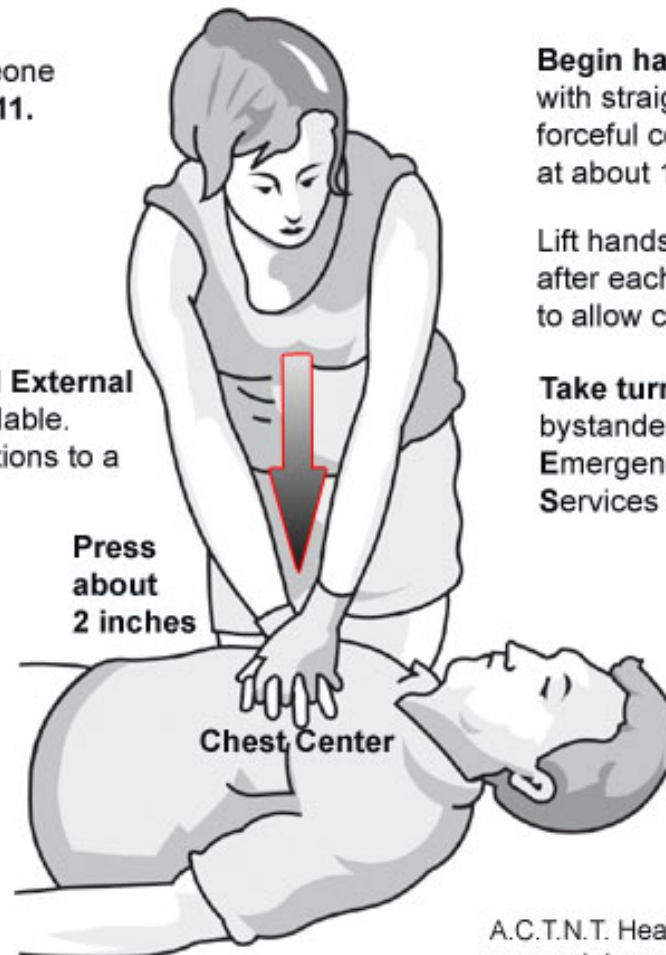
# Hands-Only CPR

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

If you see someone collapse, **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 compression to allow chest to **recoil**.

**Take turns** with a bystander until **Emergency Medical Services** arrive.

A.C.T.N.T. Healthcare Services  
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Source: American Heart Association™