Hands-Only CPR

1) Lay the person on a hard, flat surface.
2) Tap and shout “Are you OK?”
3) Look at the chest for 5 seconds for signs of breathing.
4) Call 9-1-1 and get an AED.
5) Place one hand in the center of the chest, place your other hand on top of that hand and interlock your fingers.
6) Push HARD and FAST at least 100 times per minute.
7) Push down 2 inches and let the chest completely rise, and push again.
8) Do not stop until someone can take over for you, or you can no longer perform CPR.
9) If you can, switch rescuers every 2 minutes.

Automated External Defibrillator

What does it do?
It delivers a shock to the person’s heart giving it a chance to reboot.

How does it work?
- Power on the AED.
- Place pads on the person’s bare chest as shown on the pads.
- Follow the voice prompts.
- The machine will tell you exactly what to do.

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What is Sudden Cardiac Arrest?

- The heart suddenly stops pumping blood through the body and the person becomes unconscious.
- The person is not breathing, and does not have a pulse.

Sudden Cardiac Arrest can happen to anyone, anytime, anywhere

Be prepared to save a life!

Recognizing the signs of Sudden Cardiac Arrest:

- The person suddenly collapses without warning.
- The person may be making strange noises like grunting or snoring, this is not normal breathing.

Every minute counts!

Barriers to Performing CPR:

- Catching a disease? No mouth to mouth.
- Possibility of hurting someone? Better a broken rib than dead.
- Getting sued? The Good Samaritan Law protects you.

CPR keeps the blood flowing to the brain and other vital organs, which is critical to a person’s survival.

What is a Heart Attack?

- A heart attack is when an area of the heart has lost blood flow and oxygen because of a blockage.
- The person has a pulse, is breathing, and is conscious.