

# 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.



**A**utomated  
**E**xternal  
**D**efibrillator



## 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.

## HOWARD COUNTY DEPARTMENT OF FIRE AND RESCUE SERVICES

Phone: 410-313-2016

E-mail: [handsonlycpr@hcdfrs.org](mailto:handsonlycpr@hcdfrs.org)

Website: [www.hcdfrs.org](http://www.hcdfrs.org)



# Hands-Only CPR & AED



HOWARD COUNTY  
DEPARTMENT OF  
FIRE AND RESCUE  
SERVICES



## 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.



## 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.

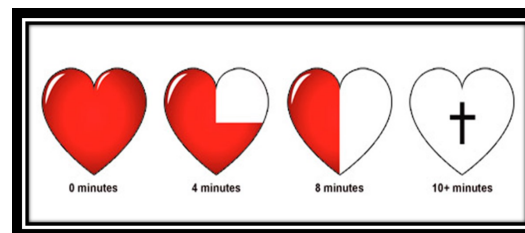
## Sudden Cardiac Arrest can happen to anyone, anytime, anywhere

**Be prepared to save a life!**



## Recognizing the signs of Sudden Cardiac Arrest:

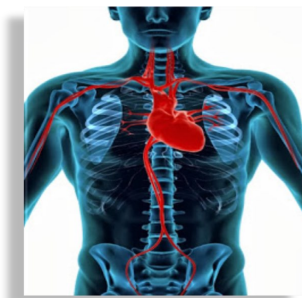
- The person suddenly collapses without warning.
- The person may be making strange noises like grunting or snoring, this is not normal breathing.



**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.