

Hands-Only CPR



When people think of CPR, they typically think of the mouth-to-mouth method, where you push on the chest and breathe in the mouth. As it turns out, the hands-only method may be just as effective. In fact, according to two trials published in *The New England Journal of Medicine*, when researchers compared the effectiveness of hands-only to the traditional method, the results showed that the survival rates are practically the same.

So if you're ready to enhance your skill set, use this easy step-by-step guide for performing hands-only CPR. This is to be used as a guide

and an informational resource, but it cannot replace real CPR or first aid training. Please try to attend a [CPR training course](#) and help save a life.

1. Call 911

If you see someone collapse who is unresponsive and no longer breathing, your first move should always be to call 911. Make sure the victim is lying on their back and that help is on the way before starting to do CPR.

2. Get into Position

Kneel at the victim's side and place the heel of your hand in the middle of the victim's chest (level with their nipples, parallel with their breast bone). As you interlock your fingers, place the heel of your free hand on the back of the hand that's touching the victim's chest. Now straighten your arms and position your shoulders directly above the victim's chest so you can generate the most force.

3. Begin Compressions

Push down hard and fast. You should aim for roughly 100 compressions a minute. (That's almost two compressions a second.) Keep the compressions up until the paramedics arrive on the scene.