

HANDS ONLY C.P.R.

You can save a life with
just two hands!

Guide to Compression-only
Bystander CPR



The Value of CPR

- During a cardiac arrest, CardioPulmonary Resuscitation (CPR) is important because it is the best treatment until the arrival of a Defibrillator, a special medical equipment which delivers an electrical shock to the patient's chest and restores the heartbeat to its normal rhythm.
- Early CPR "buys time" by maintaining some blood flow to the heart and brain during an arrest until such time that defibrillation and advance life support measures are available.
- To reduce barriers to the performance of CPR by lay bystanders, the CPR Council of the Philippine Heart Association promotes chest compression only or hands only CPR for lay rescuers. This is in accordance to recommendations from the American Heart Association Emergency Cardiovascular Care Committee .



IF YOU WITNESS A CARDIAC ARREST

- Person drops dead.
- Person loses consciousness.

DO 3 THINGS FIRST.

Step 1

CHECK AREA SAFETY.

Step 2

CHECK UNRESPONSIVENESS.

Step 3

**CALL FOR HELP: Ambulance,
Emergency Services, Doctor**



1 CHECK AREA SAFETY.

Survey the scene.

*See if the scene is safe to do CPR.
Get an idea of what happened.*

2 CHECK UNRESPONSIVENESS.



Tap or gently shake the victim

Rescuer shouts "Are you OK?"

*If the victim is unconscious,
rescuer calls for help.*

3 CALL FOR HELP:

*Ambulance,
Emergency Services,
Doctor*

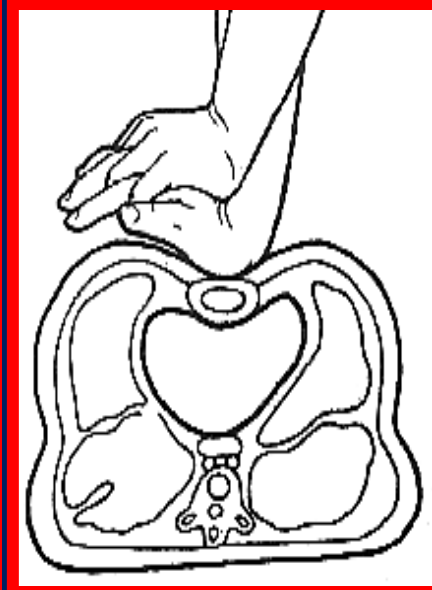
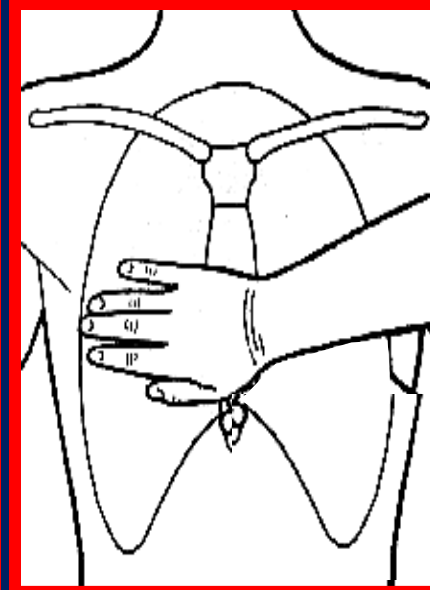
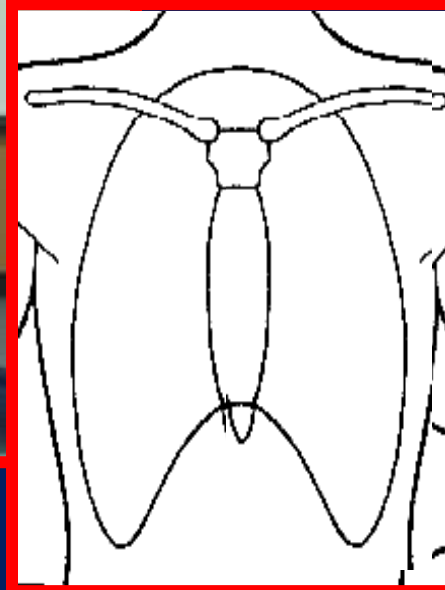
*Rescuer ACTIVATES the
EMERGENCY MEDICAL
SERVICES.*



After determining unconsciousness
and calling for help,
proceed to **Hands Only CPR** and
immediately do
**CHEST
COMPRESSIONS!**



Chest Compressions



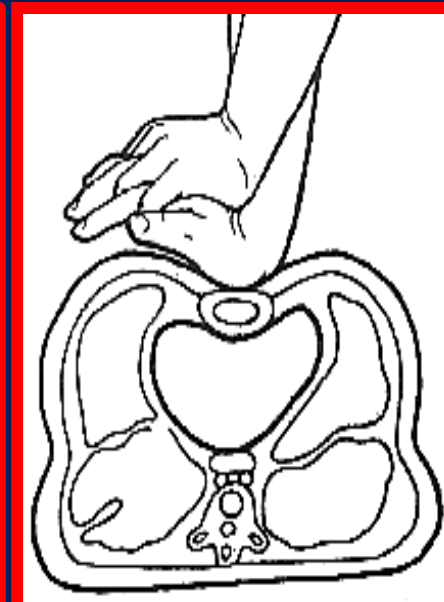
Hand Location

- Kneel facing victim's chest
- Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.



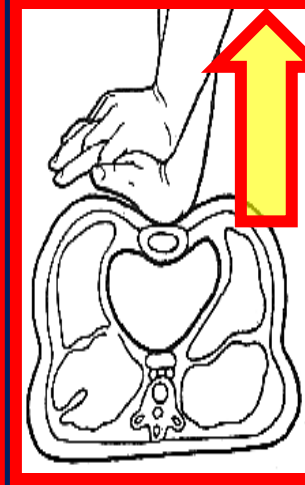
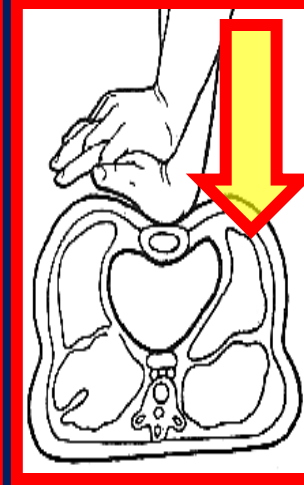
Chest Compressions

Place the heel of one hand on the sternum in the center of the chest between the nipples and then place the heel of the second hand on top of the first so that the hands are overlapped and parallel.





Position shoulders
over hands with
elbows locked and
arms straight



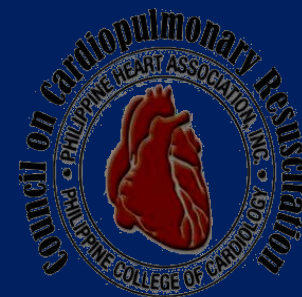
Compress down and
release pressure
smoothly, keeping
hand contact with
chest at all times

Give Chest Compressions at 100 per minute

Compress breastbone at least **2 inches deep**

Compress at a rate of **100 per minute or more**

Allow the chest to return to its normal position



REMEMBER...

- Compress continuously with **BOTH HANDS**
- **Push hard and fast!**
- **At least 2 inches deep**
- **Rate of 100 per minute or more**
(That means faster than 1 per second)



CONTINUE CHEST COMPRESSIONS UNTIL...

- HELP ARRIVES.

(Emergency Services, Ambulance, Doctor)

- YOU ARE TOO TIRED TO CONTINUE
COMPRESSIONS.

- PERSON IS REVIVED.



Hands Only CPR

- All victims of cardiac arrest should receive high-quality chest compressions with minimal interruptions.
- When an adult suddenly collapses, all bystanders should activate their community EMS and provide high-quality chest compressions, minimizing interruptions.
- If not trained in CPR, provide hands-only CPR until
 - Defibrillator arrives
 - Medical healthcare providers take over care of the victim
- If trained in CPR, provide either conventional CPR using a 30:2 compression-to-ventilation ratio or hands only CPR.
- Professional rescuers and healthcare providers should provide conventional CPR (chest compressions with ventilations) for cardiac arrest victims.

Derived from Berg RA et al, Circulation. 2010;122:S685–S705



Hands Only CPR should only be used for adult victims who have suddenly collapsed or become unresponsive.



The CPR Council encourages the public to obtain a comprehensive training in CPR to learn the basic skills needed in the management of cardiovascular emergencies.

The Council also acknowledges that some cardiac arrest victims such as pediatric victims, victims of drowning, trauma, airway obstruction, acute respiratory diseases, and apnea may benefit from the conventional CPR technique.



LEARN CPR TODAY!

INQUIRE FROM THE PHILIPPINE HEART ASSOCIATION!

www.philheart.org

This is an educational service by the Philippine Heart Association Council on CPR.
It is not meant as a substitute for personalized medical advice from professional healthcare providers.
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