A STEP BY STEP GUIDE TO HANDS-ONLY CPR FOR LAY RESCUERS

HANDS ONLY C.P.R.
You can save a life with just two hands!
Guide to Compression-only Bystander CPR

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:
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
• 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.

BECAUSE YOUR HEART MATTERS.
**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)

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**CONTINUE CHEST COMPRESSIONS UNTIL...**

- HELP ARRIVES.  
  (Emergency Services, Ambulance, Doctor)
- YOU ARE TOO TIRED TO CONTINUE COMPRESSIONS.
- PERSON IS REVIVED.

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**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.

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**BECAUSE YOUR HEART MATTERS.**

**Council on Cardiopulmonary Resuscitation**

**Philippine Heart Association, Inc.**

**Philippine College of Cardiology**