



Hands Only CPR

American Heart Association

CPR:

Q and A

Is cardiac arrest different from a heart attack?

How do I know if someone needs CPR?

Why CPR?

CPR:

Q and A

Why “Hands Only” CPR?

What about giving rescue breaths?

STEPS for “Hands Only” CPR

Things to remember when giving “Hands Only” CPR

Helpful Hints

**Do you think teaching “Hands Only” CPR will
make people feel more comfortable about
administering CPR?**



