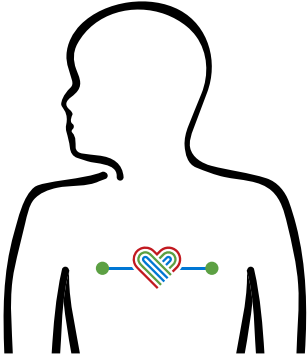


PERFORMING HAND-ONLY CPR

If not breathing normally and collapsed start CPR, get AED and call an ambulance

Hand Placement & Position

ADULTS

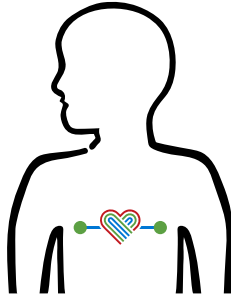


BOTH HANDS

interlocked between nipples



CHILDREN 1-8

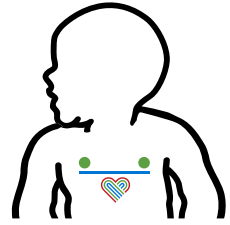


ONE HAND

between nipples



INFANTS



TWO FINGERS

just below nipple line



Chest Compressions

For children and infants give 5 rescue breaths before first chest compression

ADULTS

PRESS DOWN

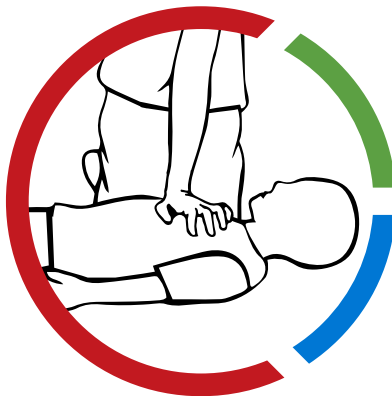
$\frac{1}{3}$ depth of casualty ↓



CHILDREN 1-8

PRESS DOWN

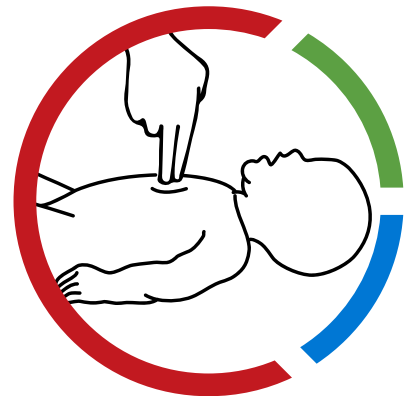
$\frac{1}{3}$ depth of casualty ↓



INFANTS

PRESS DOWN

$\frac{1}{3}$ depth of casualty ↓



30 compressions at
100-120 compressions **per minute.**

Allow chest to recoil between compressions
immediately follow with **rescue breaths**



STARS
Syncope Trust And Reflex anoxic Seizures

AA
Arrhythmia Alliance

AFA
AF Association

www.hearhythmalliance.org