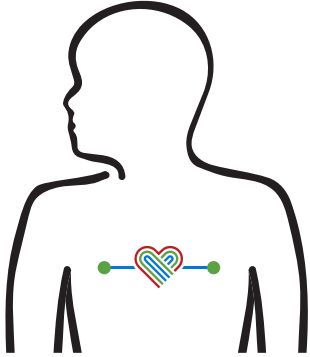


# PERFORMING HAND-ONLY CPR

If the person is unconscious and not breathing, or not breathing normally, start CPR, locate an AED and call an ambulance.

## Hand Placement & Position

### ADULTS

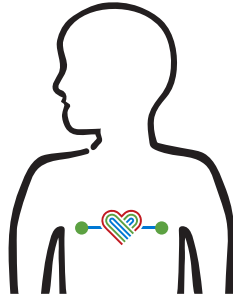


#### BOTH HANDS

interlocked between nipples



### CHILDREN 1-8

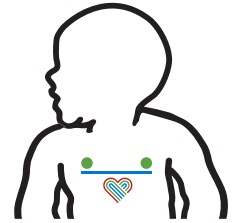


#### ONE HAND

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

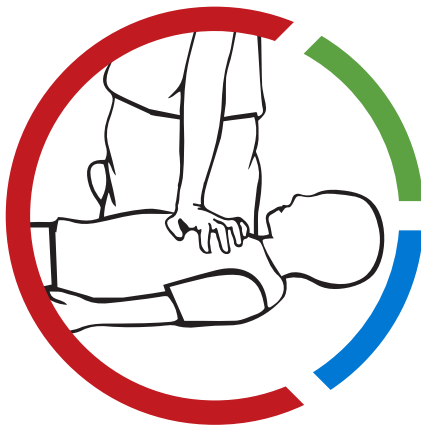
$\frac{1}{3}$  depth of casualty ↓



### CHILDREN 1-8

PRESS DOWN

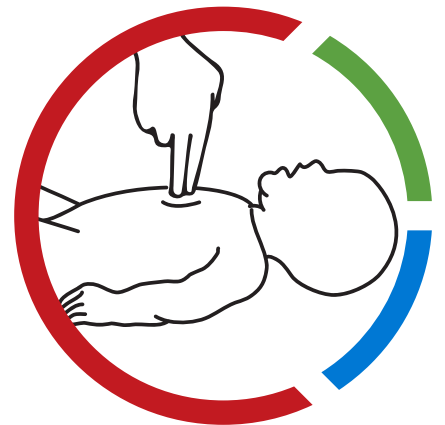
$\frac{1}{3}$  depth of casualty ↓



### INFANTS

PRESS DOWN

$\frac{1}{3}$  depth of casualty ↓



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

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

