

First Aid Taking Action Student Text

Replaces “Compression-Only CPR”, page 83

Hands-Only CPR

Hands-Only CPR is CPR without mouth-to-mouth breaths. It can be used by any bystander to treat *adult* victims of out-of-hospital *witnessed* sudden cardiac arrest.

Conventional CPR (CPR with breaths and compressions) should be provided for all infants and children, for adult victims who are found already unconscious and not breathing normally, and for any victims of drowning or collapse due to breathing problems.

If you are at the scene of an adult victim with sudden cardiac arrest, you should use the CPR technique that allows you to confidently deliver good-quality chest compressions with minimal interruption—either conventional CPR or Hands-Only CPR.

Amends Appendix A, “CPR,” page 430

(Add as the last paragraph under CPR)

Performing chest compressions only is called Hands-Only CPR. It can be used by any bystander to treat adult victims of out-of-hospital, witnessed cardiac arrest. Professional rescuers in a real world role of **bystander** at the scene of an adult victim of witnessed cardiac arrest should use the CPR technique that allows them to confidently deliver good-quality chest compressions with minimal interruption.