

First Responder Student Text

(Insert as the last bullet under Alert! Chest Compressions on page 133)

- 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.

First Responder Pocket Guide

(Insert on page 54, above “Using an AED”)

Hands-Only CPR

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