

HANDS ONLY CPR

Supplies Needed:

- CPR manikins
- Music

Say:

Hands-Only CPR is CPR without rescue breaths. It has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest.

Do:

Perform Hands-Only CPR with the following steps:

- Check the scene to make sure is safe.
- Check the person, if no response, call 911.
- Begin chest compressions
 - Place the heel of one hand on the center of the chest,
 - stack the other hand and lace your fingers together.
 - Keep your arms straight and position your shoulders directly over your hands
 - Push hard and fast. Compress the chest at least 2 inches and at a rate of at least 100 times per minute.

At rate of 100-120 compressions/minute, corresponds to the beat of these songs:

Stayin' Alive – Be Gees
Crazy in Love – Beyoncé
Hips Don't Lie – Shakira
Baby Shark – Pinkfong



Reflect: What surprised you? What did you learn that will allow you to take action?

Developed in partnership with ISU Extension SWITCH Program to establish fundamental knowledge of heart function and heart disease prevention.

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