

# HANDS-ONLY CPR

The skills you learn in this course will prepare you to provide CPR to adults and children who are unresponsive and not breathing normally, regardless of the cause.

## *For Adults:*

1. Tap and shout
2. Call 911
3. Check for normal breathing
4. Begin the breathe and push sequence of CPR

As part of learning these skills, you'll also be learning the skills needed to provide Hands-Only CPR, an easy and effective way to help adults who suddenly collapse.



1. Send someone to call 911 or, if alone, call 911 yourself



2. Push hard and fast in the middle of the chest

Whether an adult has collapsed suddenly or a person has experienced some other medical emergency and is not breathing normally, that person will not get better without immediate help. This course will prepare you to give them the help they need.

So, why wait? You'll be surprised how easy CPR can be!

**For more information on Hands-Only CPR, go to:**  
**[americanheart.org/handsonlycpr](http://americanheart.org/handsonlycpr)**