

HANDS-ONLY CPR

What is CPR?

Cardiopulmonary resuscitation (CPR) is a life-saving skill to learn! Performing CPR on someone during an emergency can significantly increase (double or triple) their chances of survival.

When do I perform CPR?

CPR is done on a person who is unconscious, not breathing, or not breathing normally, likely due to a heart attack, drowning, or choking. Hands-only CPR can be performed on adults and adolescents.

Can I perform Hands-Only CPR even if I am untrained?

Yes! The American Heart Association suggests Hands-only CPR even for people who are not trained in CPR. You can save a life!

Can I get in trouble for performing Hands-Only CPR?

No. If a person is unconscious, you have "implied consent" to help. The law assumes that an unresponsive victim would consent to lifesaving interventions. Do not be afraid to help someone in need.

HELP SAVE A LIFE



1. Check

Tap the person on the shoulder and loudly ask, "Are you OK?" If the person does not respond, take actions immediately.



2. Call 911

Or ask someone else to call. Tell the operator where you are (street address and detailed location). If you do not speak English, tell the operator that you speak Mandarin or Cantonese to get a translator. Stay on the line.



3. Perform Hands-only CPR

- Put the person on his or her back
- Place one hand on the center of the chest
- Put the other hand on top of your first hand and keep your elbows straight
- Push down hard and fast at least 2 inches at a speed of 100 pushes per minute
- Continue until the person responds or help arrives

Doing something is better than doing nothing.

Where Can I Learn More?

CPR Classes are taught through hospitals, schools, fire departments, and community organizations.

The FDNY's Be 911 Compressions Only CPR program offers free CPR training (non-certification type).

To register a class in convenient places today, visit: <http://www.nyc.gov/fdny/cpr>

Learn conventional CPR with rescue breaths performed on infants, children, adolescents and adults. Locate a CPR class near you and to learn more CPR training, visit:

The American Heart Association Website: www.heart.org
The American Red Cross Website: www.redcross.org

For CPR certification classes in Chinese (Mandarin or Cantonese) at competitive prices visit www.CPR123.com or call (718) 544-7776.



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