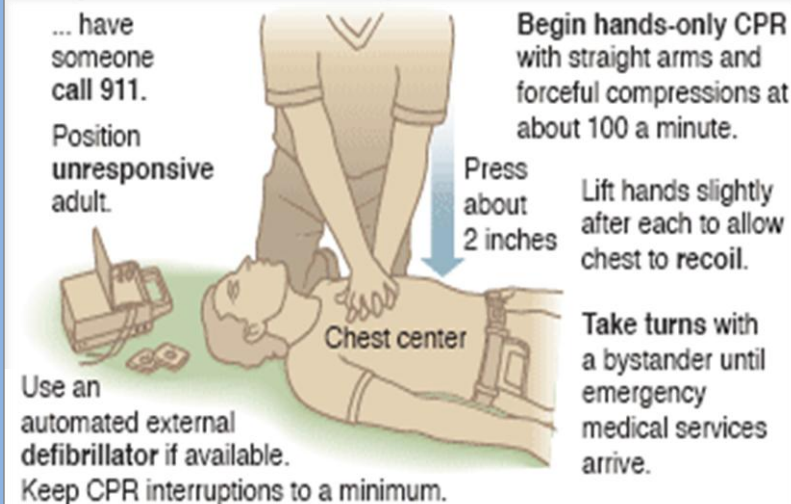


# HOW TO DO HANDS-ONLY CPR – Napa County



## Simplifying to Hands-Only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his/her lungs and blood during CPR and doesn't need mouth-to-mouth breathing. If you see someone collapse...



We are all equipped with life saving devices...  
**A**  
**PHONE & HANDS**

Here is a step-by-step guide for the new CPR:

1. **CALL 911** or ask someone else to do so
2. Try to get the person to respond; if he/she doesn't, roll the person on his/her back.
3. **START CHEST COMPRESSIONS**  
Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
4. Press down so you compress the chest at least 2 inches on adults and children and 1.5 inches on infants. One hundred times a minute or even a little faster is optimal.  
*(That's the same rhythm as the beat of the Bee Gee's song "Stayin' Alive")*
5. Continue - until help (EMS) arrives

