

Chest Compression Only CPR

*Save your Breath...
Save a Life*



Sarver Heart Center



University of Arizona College of Medicine Students
Dedicated to Teaching People Lifesaving Skills

What to do:

3 Cs—



Are You
Alright?

Check

Shake & Shout



Call for medical help or
arrange transportation



Compress Chest at
100 Per Minute

How to Do Chest Compression Only CPR

With the victim on the floor:

1. Kneel beside them
2. Place the heel of one hand on top of the other
3. Lock your elbows
4. Aim for the middle of the chest (on the sternum between the nipples)
5. Push hard and fast (try for 100/min.)
6. Take turns with another person when tired.



Chest Compressions: Rate and Depth

At least

100

Compressions per Minute

At least

4-5 cm

in depth

- Allows the heart to refill
 - Staying Alive or
 - I Gotta Feeling by Black Eyed Peas
- After each compression, take all weight off the chest

Are They Breathing?

- Gasp is a sign of cardiac arrest
- Majority of people with cardiac arrest gasp
- Can be a sign of minimal, but adequate blood flow to the brain.
- **DO NOT** stop chest compressions if they gasp

Thank You

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Save a Life



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