



## HANDS-ONLY CPR VS. CPR WITH BREATHS

### HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN  
THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

**Will not meet requirements if you need CPR for your job.**

### CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

**Often necessary for people who need CPR training for work.**

## HOW DOES IT WORK?

**Chest compressions** are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

**CPR with breaths combines chest compressions and breaths**, providing additional oxygen to circulate throughout the body.

## WHO CAN I USE IT ON?

**Adult and teens.**

**Anyone who is in cardiac arrest, including:** adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

## HOW DO I LEARN?

**Go to [heart.org/handsonlycpr](https://heart.org/handsonlycpr)** to learn the steps of Hands-Only CPR.

**Go to [heart.org/cpr](https://heart.org/cpr)** and click on FIND A COURSE to find a class online or near you.