



St. Mary's
HOSPITAL



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How To Perform CO CPR

If you witness an adult collapse from cardiac arrest:

- First make sure the scene is safe.
- Tap the victim's shoulder and shout, "Are you OK?"
- If no response, tell someone to call 9-1-1 or call them yourself, if you're alone.
- Check for normal breathing. Gaspings is not normal breathing.
- If not responding and not breathing normally, place victim on solid surface on their back and begin chest compressions.

To give compressions:

- Put the heel of one hand on the center of the chest, between the victim's nipples.
- Place the heel of your other hand on top of the first hand and lace your fingers together.
- Keep your arms straight with your elbows locked and your shoulders directly over your hands.
- Push hard and fast.
 - Compress the chest at least 2 inches with each compression.
 - Compress at least 100 times per minute (to the beat of the song "Staying Alive").
 - Let the chest completely rise (recoil) between compressions so that the heart can fill with blood.
- Continue giving chest compressions.

How Do I Know When To Stop?

You should only stop CO CPR when:

- The scene becomes unsafe.
- The victim shows obvious signs of life (pushes you away, breaths normally).
- EMS or another trained responder arrives at the victims' side and takes over compressions.
- An AED is ready to use.
- You are too exhausted to continue.

Thank you for learning how to provide Compression Only CPR at “Hands On Hearts”

What is CO CPR?

CO CPR is when chest compressions are given without mouth-to-mouth breathing.

When should CO CPR be done?

CO CPR should be used for adults who have a sudden witnessed collapse.

It should not be used for:

- children or infants.
- adults found already unconscious and not breathing normally.
- victims of drowning, electrocution, or drug overdose.
- collapse due to breathing problems.

The most important thing a bystander can do for someone in sudden cardiac arrest is to give high quality chest compressions.

This simple technique pumps blood to the brain and heart muscle to distribute the oxygen that remains in the lungs and blood.

The Heart Attack Chain of Survival

When it comes to your heart, time is muscle. By acting quickly, you reduce the risk of permanent heart muscle damage.

If you suspect that you or someone near you is having a heart attack, you should initiate the first link in the cardiac “Chain of Survival”.



Early access. Recognize the warning signs of heart attack or cardiac arrest (including pain in the chest, arm or shoulder and shortness of breath), and call 911.



Apply CO CPR. Administer Compression Only CPR, which is continuous chest compressions without rescue breaths. This keeps oxygenated blood flowing to the brain.



Defibrillation. Many cardiac arrest victims experience an abnormal, chaotic heart rhythm that can prevent the heart from pumping blood. Use of an automated external defibrillator (AED) increases chances of survival.



Advanced care. With the prompt arrival of highly trained paramedics, the chance of resuming a normal heart rhythm increases.

For more heart health information, visit
stmarysmadison.com