



## Compression-Only CPR

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As you sit and look at the clock on the wall, each second that passes is a second too late for aiding a person who is in cardiac arrest. You never know when a cardiac arrest could hit or who the next victim could be; all you can do is be prepared. Getting help right away is the key to survival. If the victim does not receive CPR within minutes, people who go into sudden cardiac arrest will die.

The American Heart Association has a new way for bystanders to step in and help adults that suddenly collapse --Compression-Only CPR. This new form of CPR, for adults only, involves making hard and fast compressions to the center of the chest without mouth-to-mouth rescue breaths, which keeps most bystanders from becoming involved. "This form of CPR is easy to remember and perform in the case of cardiac arrest," said Dr. (insert name) of South Georgia Medical Center's Dasher Heart Center. "It is still important for those who are properly trained in conventional CPR (chest compressions and mouth-to-mouth breathing) to step in and administer the procedure, but the Compression-Only CPR method can and should be used by everyone."

Chest compressions aid to circulate blood containing oxygen until professional help, Emergency Medical Services, or a person with an AED (Automated External Defibrillator) arrives on the scene. When effective compression-only bystander CPR is immediately performed after a sudden cardiac arrest, it can double or triple a victim's chance of survival.

### How Does It Work:

Call 911 Immediately

Roll the individual over on their back and make sure the person is responsive.

Put one hand on top of the other in the middle of the victim's chest.

Push down hard (1 ½ to 2 inches) and fast in the center at a rate of 100 compressions a minute.

If you get tired, swap off with someone else doing the compressions.

For more information about Compression-Only CPR, visit

[www.americanheart.org/handsonlycpr](http://www.americanheart.org/handsonlycpr).