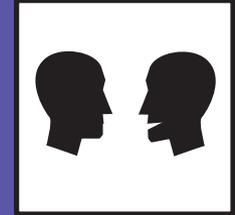


HS CPR A/C 2a

Hands-Only CPR

0:00
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5:00



Resources

- Hands-Only FAQs
- Hands-Only Instructor Handout

Student Role

- Listen to Instructor

Student Objectives

- Know that performing chest compressions only is called “Hands-Only CPR”
- Know that Hands-Only CPR can be used by any bystander to effectively help adults who have suddenly collapsed
- Know that they, as “trained” bystanders, should use the CPR technique with which they are confident they can deliver good-quality compressions with minimal interruption
- Know that conventional CPR is still the recommended method for bystanders to use to help all other unresponsive victims who are not breathing normally, *especially children*.

Your Role

- Pause video
- Explain that performing compressions only is called “Hands-Only CPR”
- Explain that Hands-Only CPR can be used by any bystander to effectively help adults who have suddenly collapsed
- Explain that, *should they ever be in the real-world role of “bystander” at the scene of an adult who has suddenly collapsed*, they should use the CPR technique with which they are most confident they can deliver good-quality chest compressions with minimal interruption
- Explain that, now, they will continue with their CPR training to learn the other skills required to help *any* adult who is unresponsive and not breathing normally (not just adults who have suddenly collapsed).
- Respond to questions regarding the recommended use of Hands-Only CPR

Reference

HS Student Handout, *Hands-Only CPR*