

February Tool Kit: Hands Only CPR Challenge

California Nursing Students' Association
February, 2020 | Community Health

IN HONOR OF AMERICAN HEART
MONTH

HANDS ONLY CPR



INSIDE THIS TOOLKIT:

WHY IS HANDS ONLY CPR IMPORTANT?

HOLDING A HANDS ONLY CPR EVENT IN YOUR
COMMUNITY

Why Is Hands Only CPR Important?



Hands only CPR has been shown to be just as effective as CPR with breaths in the minutes following an out-of hospital cardiac arrest

Bystanders are less likely to intervene if they are unsure of how to administer rescue breaths

Hands only CPR gives bystanders a single action they can carry out with confidence

Holding A Hands Only CPR Training Event In Your Community

Show participants an instructional video first

Have participants practice on a CPR Mannequin



Many people find it helpful to perform chest compressions to the beat of "Stayin' Alive" to maintain the correct rate

Resource for the Hands Only CPR Campaign:
American Heart Association. (2018). Retrieved from
https://cpr.heart.org/-/media/cpr-files/courses-and-kits/hands-only-cpr/handsonly-cpr-faqs-ucm_494175.pdf?la=en&hash=009E6BFEC0F6A4DE6A579703DBD55321EE3D175D

