



HANDS-ONLY CPR

1. Scene Safety

- a. You can't help anyone if you get hurt, too.

2. Assess the situation

- a. Get an idea of what's happening so you can tell Kitsap 911
- b. Try to wake the person. Tap their shoulder and ask, "Are you okay?" If they don't wake up ...
- c. See if they're breathing normally. If they're not, they may need CPR.

3. Call 911 and get the AED (if available)

- a. Tell them where you are. Start with "Kitsap County" in case the cell call has hit a tower in another county and reached their dispatch center instead of Kitsap 911.
- b. Tell Kitsap 911 what's happening.
- c. Stay on the line.

4. Start CPR

- a. Kitsap 911 will talk you through it if you can put your phone in "speaker" mode.
- b. If possible, get the person on their back on a firm and flat surface.
- c. Kneel beside the patient with your knees shoulder-width apart and next to the patient's chest area.
- d. Place the heel of one hand in the center of the patient's chest. Put the heel of your other hand on top of the first hand and lace your fingers together.
- e. Position your shoulders directly over your hands and keep your arms straight, bending at the waist and using your upper body's weight to deliver the compressions.
- f. Push hard (compressing the chest about 2") and fast (about 100 compressions per minutes – the best of the disco song, "Staying Alive").
- g. The compression and the recoil should take the same amount of time.
- h. If possible, switch compressors every two minutes to avoid fatigue that may result in inadequate compressions. If not possible, do your best until help arrives.

5. Don't stop compressions until ...

- a. The patient starts breathing normally.
- b. Someone takes over for you.
- c. Professional rescuers take over.

NORTH KITSAP
FIRE & RESCUE

www.nkfr.org (360)297-3619