

NEW CPR GUIDELINES RELEASED IN 2008 !!

Hands-Only CPR is CPR without mouth-to-mouth breaths. It can be used by any bystander to treat adult victims of out-of-hospital witnessed sudden cardiac arrest.

Conventional CPR (CPR with breaths and compressions) should be provided for all infants and children, for adult victims who are found already unconscious and not breathing normally, and for any victims of drowning or collapse due to breathing problems.

If you are at the scene of an adult victim with sudden cardiac arrest, you should use the CPR technique that allows you to confidently deliver good-quality chest compressions with minimal interruption—either conventional CPR or Hands-Only CPR.