



**American
Red Cross**

Hands-Only CPR

Presenter's Guide

Course Purpose

The purpose of the American Red Cross Hands-Only CPR course is to teach untrained bystanders how to perform hands-only CPR. Having more bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

Presenter Requirements

Currently certified American Red Cross First Aid/CPR/AED, Lifeguarding, Emergency Medical Response, CPR/AED for Professional Rescuers or Basic Life Support for Healthcare Providers Instructors (“CPR Instructors”) are eligible to teach this course after self-orienting to the program materials.

Persons that are not certified as an instructor in one of the above programs can be trained and certified as a Hands-Only CPR Presenter. The 1 hour Hands-Only CPR Presenter Training can be taught by a certified American Red Cross First Aid/CPR/AED, Lifeguarding, Emergency Medical Response, CPR/AED for Professional Rescuers or Basic Life Support for Healthcare Providers Instructor using the Hands-Only CPR Presenter Training Course Lesson Plan.

Participant Prerequisites

There are no prerequisites or minimum age to participate in the Hands-Only CPR course.

Design and Length

The Hands-Only CPR course can be taught in approximately 30 minutes. The time is based on a presenter-to-participant ratio of 1:20. The time assumes that each participant has their own manikin or Hands-Only CPR compression trainer for skill practice.

Materials, Equipment and Supplies

Hands-Only CPR Course Presenter’s Guide

The Hands-Only CPR Course Presenter’s Guide helps presenters plan, prepare for and conduct this course. It includes administrative information, a lesson plan and presenter resources.

Hands-Only CPR Ready Reference

Each participant should receive a copy of the Hands-Only CPR Ready Reference. It is a one-page reference that provides step-by-step instructions with photographs for performing hands-only CPR for use during and after the course. The Hands-Only CPR Ready Reference is available in both English and Spanish language formats.

Hands-Only CPR Course Presentation

This Adobe Presenter file has six slides that reinforce talking points. The How to Perform Hands-Only CPR Video and the metronome are also built into the presentation and will play using Adobe Acrobat Reader. This course presentation is available in both English and Spanish formats.

How to Perform Hands-Only CPR Video Segment

The How to Perform Hands-Only CPR video segment is approximately 2 minutes long and provides participants with a standardized demonstration of the hands-only skill. The video segment is available in both English and Spanish language formats.

Metronome

Presenters are encouraged to use a metronome during skill practice to help participants practice compressions at the correct rate of speed (about 106 beats per minute).

Hands-Only CPR Compression Trainer

Participants in this course need to be able to simulate chest compressions using either the Hands-Only CPR Compression Trainer or a manikin. The trainer must be used in courses led by non-CPR instructors. The trainer provides an easy, inexpensive way for participants to practice hands-only CPR. The trainer, which is in the shape of an ambulance, is made out of a sponge-like material engineered to allow the user to simulate compressing a chest to a 2-inch depth. When practicing, participants place the trainer on a hand placement diagram. While not required, those offering the course are encouraged to provide each participant with a trainer to take home for additional practice after the course.

If available, CPR instructors have the option of using manikins instead of the trainer. Instructors must follow the same health precautions and guidelines and manikin decontamination guidelines as used in other first aid, CPR and AED courses.

"I Learned To Save A Life" Sticker

The "I Learned to Save a Life" sticker is an optional item that can be given to participants at the end of the course to reinforce that they are now prepared to save a life.

American Red Cross Identification

As representatives of the American Red Cross, presenters should wear appropriate identification. Banners, posters and name tags or name tents with the Red Cross logo should also be used during the course to help identify the American Red Cross as the training agency

Certification Requirements

This course has no formal knowledge or skill assessments; therefore, there are no requirements for successful completion. There is no certificate for this course. Instead, participants may be given the "I Learned to Save A Life" sticker upon completion of the course.

Presenter Responsibilities

Your responsibilities as a presenter when conducting the American Red Cross Hands-Only CPR course are to:

- Provide for the health and safety of participants by always ensuring the classroom is free of hazards.
- Be familiar with the course materials and audiovisual equipment, and know how to use them effectively.
- Be familiar with Red Cross services and be able to provide participants with information on additional training opportunities and services offered by the Red Cross.
- Create a non-threatening environment that encourages participants to achieve the learning objectives.
- Adapt your teaching approach to match the experience and abilities of the participants.
- Be prepared to answer participants' questions or know where to find the answers.

- Submit a completed Hands-Only CPR activity report or use the designated online reporting tool to the sponsoring Red Cross unit within established timeframes.

Red Cross Responsibilities

The Red Cross unit is responsible for providing the highest level of customer service. They do this by:

- Providing the presenter with evaluation and appropriate reporting forms.
- Communicating with presenters about new programs and volunteer opportunities.
- Providing administrative support.
- Maintaining a current Authorized Provider Agreement if applicable.
- Having needed materials and equipment available in a timely manner.

Reporting Responsibilities

Submit a completed Hands-Only CPR activity report or use the designated online reporting tool to the sponsoring Red Cross unit with established timeframes.

Course Length: 30 minutes

COURSE OBJECTIVES

After completing this course, participants will be able to:

- Describe when and how to perform hands-only CPR.
- Demonstrate how to perform hands-only CPR.

MATERIALS, EQUIPMENT AND SUPPLIES

- Hands-Only CPR Compression Device or adult CPR Manikin (one for each participant)
- Hands-Only CPR Ready Reference sheet (one for each participant)
- Disposable latex-free gloves (two for each participant, encouraged but not required)

Instruction Key	
	Discussion
	Lecture
	Skill Practice
	Video

TOPIC: **INTRODUCTION**

HANDS-ONLY CPR	
<p>INSTRUCTION:</p> 	<ul style="list-style-type: none"> ■ Introduce yourself and have participants introduce themselves. ■ Review any facility policies and procedures as well as the location of the AED, first aid kits and emergency exits as appropriate. ■ Tell participants that the purpose of this course is to teach bystanders how to perform hands-only CPR.
WHAT IS HANDS-ONLY CPR?	
<p>INSTRUCTION:</p> 	<ul style="list-style-type: none"> ■ Hands-only CPR involves calling 9-1-1 or the designated emergency number and then giving continuous chest compressions. It only takes minutes to learn. ■ Hands-only CPR should be used when you see someone suddenly collapse and the person is unresponsive and not breathing normally.
<p>REFERENCE: Slide 1</p>	

	<ul style="list-style-type: none"> ■ Having more bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance. ■ The Red Cross encourages people who learn this skill to step forward and take action if they witness the collapse of a person and that person needs CPR. ■ Learning full CPR is also important. Getting trained in full CPR— combinations of chest compressions and rescue breaths—will enable you to help in other emergencies, like drowning or choking. Full CPR is the best care for all ages, and especially for people who are more likely to experience respiratory emergencies than cardiac ones such as children and infants.
--	--

TOPIC: PERFORMING HANDS-ONLY CPR

SKILL OVERVIEW	
<p>INSTRUCTION:</p>  <p>REFERENCE: Slide 2</p>	<ul style="list-style-type: none"> ■ Show the video segment “How to Perform Hands-Only CPR” (1:42). ■ Answer participants’ questions.
HAND AND BODY POSITIONING	
<p>INSTRUCTION:</p>  <p>REFERENCE: Slide 3</p>	<ul style="list-style-type: none"> ■ Explain the following key points about hand positioning: <ul style="list-style-type: none"> ○ Place the heel of one hand in the center of the person’s chest. ○ Place the other hand on top of your first hand and interlace your fingers. ○ Hold the fingers of your bottom hand up so that your fingers are not on the person’s chest. ■ Explain the following key points about body positioning: <ul style="list-style-type: none"> ○ Position your body so that your shoulders are directly over your hands. This will let you push on the chest using a straight up-and-down motion, which moves the most blood with each push and is also less tiring. ○ Keep your arms straight and push down at least 2 inches, and then let the chest completely return to its normal position. ○ Push hard and push fast! You want to give chest compressions at a rate of 100–120 compressions per minute. ○ Maintain a smooth, steady down-and-up rhythm and do not pause between compressions.
SKILL PRACTICE	
<p>INSTRUCTION:</p> 	<ul style="list-style-type: none"> ■ Guide participants through the steps of the skill using the Hands-Only CPR Ready Reference.

<p>REFERENCE: Slide 4</p>	<ul style="list-style-type: none"> ■ Have participants practice the skill independently for about 1 minute. During practice, move around the room to provide corrective feedback and encouragement to participants. <ul style="list-style-type: none"> ○ If available, use a metronome (set to approximately 108 beats per minute) to help participants practice at the correct rate. ○ If available, encourage participants to wear latex-free gloves. ■ Answer participants' questions after their first round of practice. ■ Have participants practice the skill a second time for about 1 minute. <ul style="list-style-type: none"> ○ Continue to provide corrective and positive feedback to participants through the independent skill practice.
-------------------------------	--

TOPIC: **CLOSING**

CLOSING	
<p>INSTRUCTION:</p> 	<ul style="list-style-type: none"> ■ Thank participants for their efforts during class and ask for any remaining questions. ■ Optional: Give participants an “I Learned How to Save A Life Today” sticker.
<p>REFERENCE: Slide 5</p>	<ul style="list-style-type: none"> ■ Encourage participants to get trained and certified in full CPR and first aid so they can be prepared to help in other types of emergencies. Participants can find and register for a first aid and CPR/AED class by visiting redcross.org or by calling 1-800-RED-CROSS. ■ Encourage participants to download the American Red Cross First Aid and Emergency Mobile Apps for free on their iOS and/or Android devices ■ Turn in the completed Hands-Only CPR activity report or enter the training into the online reporting tool for your sponsoring Red Cross unit.

Frequently Asked Questions

The answers to commonly asked questions are provided below to help you answer participant questions that may come up during the course.

Who should learn hands-only CPR versus full CPR?

Everyone should learn at least hands-only CPR. Anyone can learn full CPR. Full CPR is especially important if you are a workplace responder; live or play around water or have a residential pool/hot tub; have children or work with children; or have a job-related duty to respond.

What if the person is face-down?

If the person is face-down, check for responsiveness and normal breathing. If unresponsive and there is no normal breathing, call or have someone else call 9-1-1 or the designated emergency number and roll the person onto their back and begin performing CPR with chest compressions.

What are agonal gasps?

Isolated or infrequent gasping in the absence of other breathing in an unresponsive person may be agonal gasps which can occur after the heart has stopped beating. Agonal gasps are not normal breathing. Since reducing time without chest compressions is so important, rescuers should decide in favor of doing chest compressions if there is any doubt if a victim is breathing normally.

Should I check for severe, life-threatening bleeding?

Truly severe, life-threatening bleeding will be evident when the rescuer approaches the victim. Control the bleeding with any available resources and then prepare to perform CPR if the person is unresponsive and has no normal breathing.

What if I am alone?

In general, if someone suddenly collapses and is unresponsive and you are alone, first call 9-1-1 or the designated emergency number. Using the speaker mode of a mobile phone will allow you to care for the person while alerting emergency responders. It is important to ensure help is on the way. There are many things that may influence the decision, such as age of the victim, proximity of an AED and distance to a telephone.

What if the person vomits?

If at any time the person vomits, quickly roll the person onto their side, supporting the head and neck and rolling the body as a unit to the best of your ability. After vomiting stops, wipe the person's mouth out using a finger sweep. Roll the person onto their back and continue giving care. Wear latex-free disposable gloves whenever possible.

Can I use hands-only CPR for a child or infant?

Hands-only CPR is primarily used for adults who you see suddenly collapse. Full CPR including compressions and ventilations is the best emergency care for a child or infant who is unresponsive and not breathing normally, but if untrained, unwilling or unable to provide ventilations calling 9-1-1 and giving chest compressions is better than doing nothing.

Would I push as hard when giving chest compressions to a child or infant?

This course teaches a compression depth of at least 2 inches because most sudden cardiac arrest victims will be adults or adolescents. You would compress the chest slightly less, about 2 inches for a child and about 1 ½ inches for an infant (for infants use the pads of two fingers just below the nipple line in the center of the chest). Most people do not push hard enough even for children and infants so always remember to push hard and push fast (about 100-120 per minute).

Does the person have to be on a firm, flat surface when performing CPR?

Chest compressions are most effective when performed on a firm, flat surface. The person should be placed on the floor or ground by any means possible. CPR on a soft surface such as a bed or sofa is ineffective.

Do I need to be trained in AED?

The steps in applying and using an AED are simple; however, training is encouraged to know when to use the AED and the safety precautions associated with the AED.

The following information serves as an introduction to the International Red Cross and Red Crescent Network and the American Red Cross. Presenters are representatives of the American Red Cross and should be informed about the principles and mission of the organization.

Global Red Cross and Red Crescent Network

The Global Red Cross and Red Crescent Network is the largest humanitarian network in the world, with a presence in almost every country. The global network is unified and guided by seven Fundamental Principles.

Humanity

The Global Red Cross and Red Crescent Network, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavors, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavors to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality

In order to continue to enjoy the confidence of all, the Network may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

Independence

The Network is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary Service

It is a voluntary relief movement not prompted in any manner by desire for gain.

Unity

There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

Universality

The Global Red Cross and Red Crescent Network, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

American Red Cross

Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Vision Statement

The American Red Cross, through its network of volunteers, donors and partners, is always there in times of need. We aspire to turn compassion into action so that:

- All people affected by disaster across the country and around the world receive care, shelter and hope;
- Our communities are ready and prepared for disasters;
- Everyone in our country has access to safe, lifesaving blood and blood products;
- All members of our armed services and their families find support and comfort whenever needed; and
- In an emergency, there are always trained individuals nearby, ready to use their Red Cross skills to save lives.

History

Clara Barton and a circle of her acquaintances founded the American Red Cross in Washington, D.C. on May 21, 1881. Barton first heard of the Swiss-inspired global Red Cross network while visiting Europe following the Civil War. Returning home, she campaigned for an American Red Cross and for ratification of the Geneva Convention protecting the war-injured, which the United States ratified in 1882.

The American Red Cross Today

Today, the supporters, volunteers and employees of the American Red Cross provide compassionate care in five critical areas:

- People affected by disasters in America
- Support for members of the military and their families
- Blood collection, processing and distribution
- Health and safety education and training
- International relief and development

For additional information, visit redcross.org