



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Hands-Only CPR vs. CPR with Breaths

Hands Only CPR

Hands-Only CPR is a public awareness campaign to get more people to act when they encounter a cardiac arrest. It is the starting point to get more people to learn CPR.

How does it work?

Chest compressions are good for the first few minutes someone is in cardiac arrest. It works by pushing remaining oxygen through body to keep vital organs alive and buys time until someone with more skills can provide help.

Who can I use it on?

Adults and teens.

How do I learn?

There are two steps in Hands-Only CPR:

1. Call 911
2. Push hard and fast in the center of the chest

You can learn more by visiting heart.org/handsonlycpr

CPR with Breaths

CPR with breaths is taught through online and in-person classes. It provides more in-depth training with an instructor and provides a certification upon completion. This is often necessary for people who need CPR training for work.

How does it work?

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

Who can I use it on?

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest

How do I learn?

Go to heart.org/cpr and click on Find a Course to find a class online or near you.

Frequently Asked Questions:

Why don't teens or adults who collapse need mouth-to-mouth breathing in the first few minutes after cardiac arrest?

When a teen or adult suddenly collapses from cardiac arrest, they usually have enough oxygen to keep vital organs healthy for the first few minutes. Providing chest compressions that are hard and fast enough will help pump blood to the heart and brain. Studies have shown that Hands-Only CPR is just as effective as conventional CPR with breaths when given in the first few minutes of a cardiac arrest.

Discussion Questions:

- When was the last time you were trained in CPR? Was it hands-only or CPR with breaths?