

The American Heart Association (AHA) recently announced a new statement regarding Cardiopulmonary Resuscitation (CPR) that applies only to BYSTANDERS. Known as hands-only or compression-only CPR, AHA is now promoting this technique for Adult WITNESSED cardiac arrest, after calling 911.

Hands-only CPR is a potentially lifesaving option to be used by people not trained in conventional CPR or those who are unsure of their ability to give the combination of chest compressions and mouth-to-mouth breathing it requires.

Conventional CPR is still recommended for unwitnessed arrests, for any infant or child arrest or for any adult arrest (witnessed or otherwise) that may be hypoxia related, overdose related, drowning etc.

Please visit [www.americanheart.org/handsonlycpr](http://www.americanheart.org/handsonlycpr) to read the information that AHA has endorsed.