

Mayo Clinic Minute

Learn hands-only CPR

Video	Audio
	If you know continuous chest compression CPR, you'll be able to help.
	<i>Sound of chest compressions</i>
Jill Henderson Nurse Educator/CPR Trainer Mayo Clinic	"The goal of using CPR is to move blood through the heart and lungs, and the brain."
	"You are pushing down on the breast bone or sternum, compressing the heart between the sternum and the spine, which pushes the blood out."
	"Annie, Annie, are you OK?"
	If there's no response, call 911, or have someone do it for you. Then, start hands-only compressions.
	"Place one hand down, the other hand on top."
	Push straight down two inches. Then, allow the chest to return to the neutral position. Do it over and over.
	"At a rate of about 100 to 120 compressions a minute."
	Don't stop – not even to breathe for the victim.
	"It's more important to give consistent compressions to move blood that is still partially oxygenated until we get advanced care on the scene."
	Or until someone else who knows continuous chest compression CPR can take over for you.
	For the Mayo Clinic News Network, I'm Jeff Olsen.

