

Adult hands-only CPR

ACTION CHECKLIST

If an adult suddenly collapses, is unresponsive and is not breathing normally or is only gasping, call emergency services, get an AED and start chest compressions. Push hard and fast in the center of the chest at 100-120 compressions per minute; follow dispatcher instructions.

[] Check safely

Ensure the scene is safe and check responsiveness and breathing quickly.

[] Call and get an AED

Use speakerphone or send someone to call and bring an AED.

[] Give compressions

Place both hands in the center of the chest; compress at least 2 inches, avoiding more than 2.4 inches, and allow full recoil.

[] Continue

Follow the AED prompts and dispatcher instructions until responders take over or normal signs of life return.

WATCH FOR

This adult sudden-collapse guide does not replace infant or child CPR instructions. Gasping is not normal breathing.

IF HELP IS UNAVAILABLE

If a call will not connect, start or continue compressions. Ask another person to keep trying and bring an AED. If alone, use speakerphone while starting CPR rather than waiting for an answer. Do not leave an unresponsive person just to seek better reception.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/cpr/>

Adult hands-only CPR · official guidance