CPR Checklist

An adult/teen Hands-Only CPR readiness reminder

FREE BRANDED PDF

- The 2 steps of Hands-Only CPR, in large print
- A home and workplace readiness checklist
- How to use an AED, in plain language
- A practice log — so your household stays ready, not just informed

How to use this: Download, save or print. Logs and planning forms can also be completed electronically in a PDF reader. Completed forms stay on your device — these PDFs do not submit information to our office.

Hands-Only CPR — The 2 Steps

For a teen or adult who suddenly collapses and is not responding and not breathing normally. Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for bystanders who see a teen or adult suddenly collapse outside a hospital.

STEP 1 — CALL 911. Call immediately, or send someone to call and get an AED. Stay on the phone — the dispatcher can coach you. STEP 2 — PUSH HARD AND FAST in the center of the chest. Heel of one hand in the center of the chest, other hand on top, shoulders over your hands, elbows straight. Push at least 2 inches deep, at a rate of 100 to 120 compressions per minute (about the beat of “Stayin' Alive”). Let the chest fully rise between pushes. Don't stop until help or an AED arrives, or the person starts breathing normally.

Before you push — 10 seconds

- [ ] Scene is safe for you to help.
- [ ] Person is on their back on a firm surface.
- [ ] Tap and shout: “Are you okay?”
- [ ] No normal breathing? Gasping or gurgling is not normal breathing.
- [ ] Someone has called 911 and is getting the AED.
- [ ] You are ready to push, hard and fast, with minimal interruptions.

Using an AED

1. Turn the AED on and follow its voice prompts.
2. Attach the pads as shown on the pads. If the chest is wet, dry it first.
3. Clear everyone from the person, then let the AED analyze.
4. If it advises a shock, make sure no one is touching the person, then press the shock button.
5. Start compressions again right away, as prompted, until EMS takes over.

[ ] Everyone in my household / team knows where the nearest AED is:
_____

[ ] Our address is posted by the phone, so a caller can read it to 911 without searching.

[ ] We have practiced Hands-Only CPR in the last 12 months.

[ ] We know where our first aid kit and Narcan (if carried) are kept.

[ ] Children and pets have a plan for who cares for them during an emergency.

[ ] We know the difference: Hands-Only is for a teen or adult who suddenly collapses. Infants and children need compressions AND breaths from a trained rescuer — get training, and call 911.

Practice log

Date	Who practiced	What we practiced

Want real practice? A Truly Unique Touch offers CPR training (BLS, Heartsaver, ACLS, PALS, instructor courses and Narcan education) in the Houston area — mobile, at your home or workplace. Call 832-512-0072 or visit atrulyuniquetouch.com.

Source: American Heart Association — Hands-Only CPR: Call 911, then push hard and fast in the center of the chest at 100–120 compressions per minute. This checklist is a reminder, not a substitute for certified CPR training.