



**American
Red Cross**

Hands-Only CPR

Purpose

The purpose of the Hands-Only CPR course is to teach untrained bystanders how to perform hands-only CPR.

Prerequisites

There are no prerequisites or minimum age to participate in the Hands-Only CPR course.

Length

30 minutes

Learning Objectives

- Describe when and how to perform hands-only CPR.
- Demonstrate how to perform hands-only CPR.

Instructor

Currently certified American Red Cross instructors in the following programs may teach Hands-Only CPR after self-orienting to the course materials:

- First Aid/CPR/AED
- Lifeguarding
- Emergency Medical Response
- CPR/AED for Professional Rescuers
- Basic Life Support for Healthcare Providers

Persons that are not certified as an instructor in one of the above programs can be trained and certified as a Hands-Only CPR Presenter by successfully completing the Hands-Only CPR Presenter Training course.

Certificate Issued and Validity Period

There is no certificate for the Hands-Only CPR course.

Participant Materials (available in digital format only)

- *Hands-Only CPR Ready Reference Sheet* (English and Spanish-language versions available)