

**Figure 6.** **A,** Place your hands on the breastbone in the center of the chest. **B,** Correct position of the rescuer during chest compressions.

### Foundational Facts

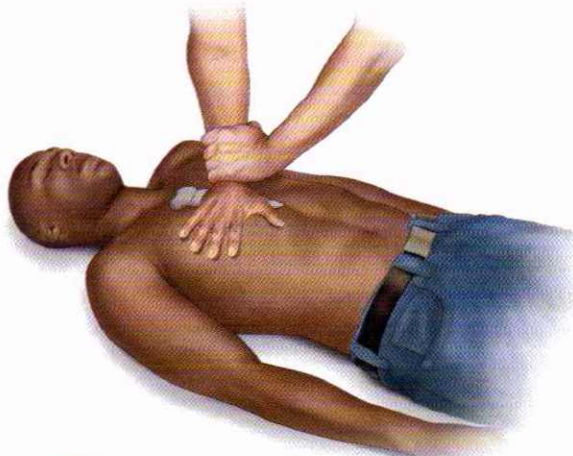
#### Importance of a Firm Surface

Compressions pump the blood in the heart to the rest of the body. If a firm surface is under the victim, the force you use will be more likely to compress the chest and heart and create blood flow rather than simply push the victim into the mattress or other soft surface.

### Foundational Facts

#### Alternate Technique for Chest Compressions

If you have difficulty pushing deeply during compressions, put one hand on the breastbone to push on the chest. Grasp the wrist of that hand with your other hand to support the first hand as it pushes the chest (Figure 7). This technique is helpful for rescuers with arthritis.



**Figure 7.** Alternate technique for chest compressions.

### Moving the Victim When Necessary

*Do not move the victim* while CPR is in progress unless the victim is in a dangerous environment (such as a burning building) or if you believe you cannot perform CPR effectively in the victim's present position or location. CPR is better and has fewer interruptions when rescuers perform the resuscitation where they find the victim.