

HANDS-ONLY CPR FACT SHEET



Why Learn Hands-Only CPR?

Cardiac arrest — an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs, and other organs — is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

About 90% of people who suffer out-of-hospital cardiac arrests die, according to the American Heart Association. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

When it comes to cardiac arrest, Hands-Only CPR is just as effective in the first few minutes as conventional CPR at home, at work, or in public.

Follow these 2 easy steps in order if you see a teen or adult suddenly collapse:

1 Call 911

The responder on the other end of the line can assist you while getting emergency help on the way.



2 Push

hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.



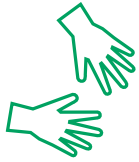
Be the Difference for Someone You Love

If you're called on to give CPR in an emergency, you'll most likely be trying to save the life of someone you love: a child, a spouse, a parent, or a friend.

Only about 40%

of people who experience an out-of-hospital cardiac arrest receive the immediate help they need before professional help arrives.

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Music Can Save Lives

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, like the beats of the examples below:

“Stayin’ Alive,” by the Bee Gees

“Crazy in Love,” by Beyoncé, feat. Jay-Z

“Hips Don’t Lie,” by Shakira

“Walk the Line,” by Johnny Cash

People feel more confident performing Hands-Only CPR (and are more likely to remember the correct rate) when trained to the beat of a familiar song. You can find more song examples at heart.org/bethebeat

Be a Braver Lifesaver

Visit BraverLifeSaver.com for more info on Hands-Only CPR – including links to additional training and resources from the American Heart Association.



Join the Nation of Lifesavers today! Learn CPR. Save a Life.

NOTE: The American Heart Association still recommends CPR with compressions and breaths for infants and children and victims of drowning, or drug overdose, or people who collapse due to breathing problems.