



♥ Why learn Hands-Only CPR?

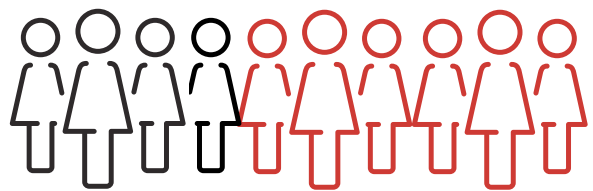
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs, and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed cardiac arrests occur in the United States outside of a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

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

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

♥ Did you know women are more likely to die from cardiac arrest outside of the hospital?

Women are less likely to receive Hands-Only CPR because people fear accusations of inappropriate touching, sexual assault, or injuring the person. However, the Good Samaritan Law protects people who perform CPR during cardiac arrest, so you can feel confident performing it to try and save her life.



Six out of ten women who suffer a cardiac arrest in public die because people passing by are often uncomfortable touching them. She could be your abuela, mama, hija o amiga!



Hands-Only CPR has just two easy steps, performed in this order:

1



Call 911 if you see a teen or adult suddenly collapse.

Don't be afraid to call 911. The operator will ask you:

1. What is your emergency?
2. Your location (address, cross streets or major landmarks or businesses)
3. What is happening (say a person needs CPR or is having a cardiac arrest)

Calls to 911 are private and confidential.

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.

♥ Music can save lives

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. When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples below. Stay up with the latest Be the Beat® songs all year long.

Song examples include: "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, or "Hips Don't Lie" by Shakira.

In Spanish they include: "Mi Primer Millón" by Bacilos, "Ni Parientes Somos" by Los Tigres del Norte, "La Negra Tiene Tumbao" by Celia Cruz, or "Rayando el sol" by Mana

♥ Take 90 seconds to learn how to save a life

Visit heart.org/cprheroes to watch the 90-second Hands-Only CPR video and share it with friends and family. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/findacourse.

