



HANDS-ONLY CPR

CPR can double or triple your chance of surviving cardiac arrest — especially if it's done immediately.

WHAT'S CARDIAC ARREST?

It's an abrupt electrical malfunction in the heart. It may be caused by abnormal, or irregular, heart rhythms called arrhythmias that disrupt the flow of blood to the brain, lungs and other organs — and can lead to death.

WHAT'S HANDS-ONLY CPR?

Hands-Only CPR is done without mouth-to-mouth breaths. It's as effective as conventional CPR for cardiac arrest at home, work or in public spaces.

Note: Only teens and adults can receive Hands-Only CPR. Conventional CPR (with both compressions and rescue breaths) should still be used for infants, children and people who drown, overdose on drugs or collapse due to breathing problems.

Most people who experience cardiac arrest die because someone on the scene fails to perform CPR. As a bystander, don't be afraid to do CPR. **You could save a life.**

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Seventy percent of out-of-hospital cardiac arrests happen in homes. So the life you save may be someone you love.

TWO EASY STEPS

You can perform Hands-Only CPR in just two easy steps, in this order:

- ① Phone 911 (or have someone else do it) if a teen or adult collapses suddenly.
- ② Push at a rate of 100-120 times per minute in the center of the chest at a depth of about two inches.

People usually feel more confident and are more likely to remember the correct rate when practicing to the beat of a familiar song that has 100-120 beats per minute. Song examples include "Stayin' Alive" by the Bee Gees, "Crazy in Love" by Beyoncé featuring Jay-Z, "Hips Don't Lie" by Shakira" or "Walk the Line" by Johnny Cash.

ADDITIONAL RESOURCES

- **Take 90 seconds** to watch our Hands-Only CPR demo video and share it with the important people in your life. heart.org/handsonlycpr
- **Take 20 minutes to learn Hands-Only and Conventional CPR** with CPR Anytime® kits. Our at-home training kit includes an instructional DVD, personal manikin and more. ShopHeart.org/CPR
- **Take classroom training** with a certified instructor. Find a CPR class near you at heart.org/findacourse

For more on hands-only CPR, go to

heart.org/handsonlycpr



1-877-AHA-4CPR

To reorder or for other resources visit ShopHeart.org.

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