



♥ Why Learn Hands-Only CPR?

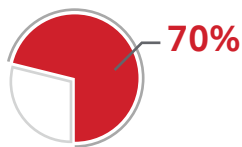
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death.

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.

♥ Be the Difference for Someone You Love

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




About **70 percent** of out-of-hospital cardiac arrests happen in homes




Less than 46% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives

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Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

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

1  Call your local emergency response number if you see a teen or adult suddenly collapse.



2  Push hard & 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

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. 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. Go to the Hands-Only CPR Playlist at international.heart.org/hands-only-cpr to view songs in other languages.

For information on CPR courses contact your local AHA Training Center.

♥ Take 60 Seconds to Learn How to Save a Life

Watch the 60-second video. Visit international.heart.org/hands-only-cpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. 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 atlas.heart.org.

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

