



American Heart Association®

Heart and Stroke Walk™



Hands-Only CPR: Empower Yourself and Save a Life

Safety-at-home Toolkit



Thank you for participating at the "Hands-Only CPR: Empower Yourself and Save a Life" locally sponsored by CNI College! We hope you and your family had a great time learning the life-saving skill of Hands-Only CPR!

We would love to share some additional tools and resources that will help you refresh the Important information from the webinar in the comfort of your home!

Locally Sponsored by:



Hands-Only CPR

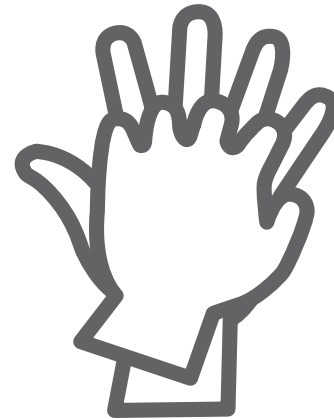
CPR CAN DOUBLE OR EVEN TRIPLE A PERSON'S CHANCE OF SURVIVAL

Learn the two simple steps:

1 Call 911



2 Push hard & fast in the center of the chest



To learn, watch the 90-second Hands-Only CPR video
at heart.org/handsonlycpr



#CPRSAVESLIVES



♥ Why Learn Hands-Only CPR?

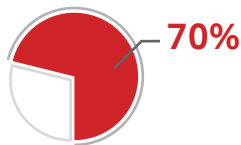
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

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

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



About **46 percent** of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives

Hands-Only CPR has been shown to be as effective 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 911 if you see a teen or adult suddenly collapse



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

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.

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 above. Stay up with the latest **Be the Beat®** songs all year long.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr 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 heart.org/findacourse.

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.





Take Charge of Your Health



Know the signs of a heart attack



Visit your family practitioner and get a check-up



Live healthier by trying new heart-healthy recipes and exercises



Learn CPR

- ♥ Watch the **Hands-Only CPR video** and share it with 5 friends—one minute can save a life
- ♥ Find an Instructor-led **CPR course** near you
- ♥ Give a **CPR Anytime Infant kit** to a new parent or grandparent in your life
- ♥ Organize a **CPR training session** within your community



Advocate

- ♥ Go to **BeCPRSmart.org** and Pledge your Support
- ♥ Approach a local business to purchase a CPR in Schools Training Kit for your child's school
- ♥ Host a fundraiser to purchase CPR Anytime Kits for an organization in your community



Social Media

- ♥ Post the CPR Week Image as your Twitter or Facebook profile picture from June 1-7 **@HeartCPR**
- ♥ Post a photo of you and your family on Instagram using the tags **#CPRsavesLives**
- ♥ Honor a survivor of cardiac arrest on Facebook by linking to the **Hands-Only CPR video**
- ♥ "Like" the AHA CPR First Aid Facebook page **@AHACPR**
- ♥ Recognize someone who has saved a life as a Heartsaver Hero



Corporate

- ♥ Print the **CPR Week Cubicle Sign** and post it on your office door
- ♥ Ask Human Resources to add **CPR Anytime** to your employee wellness program
- ♥ Start a corporate challenge to see which department can train the most people in CPR
- ♥ Host a viewing party with healthy snacks and show the **Hands-Only CPR video**

CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an "ELECTRICAL" problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO



Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.

CARDIAC ARREST is a LEADING CAUSE OF DEATH.

Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.



Fast action can save lives.

For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.

Follow us:

[facebook.com/AHACPR](https://www.facebook.com/AHACPR) twitter.com/HeartCPR [#CPRsaveslives](https://twitter.com/HeartCPR)

WHAT IS A HEART ATTACK?

A HEART ATTACK occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a "CIRCULATION" problem.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**

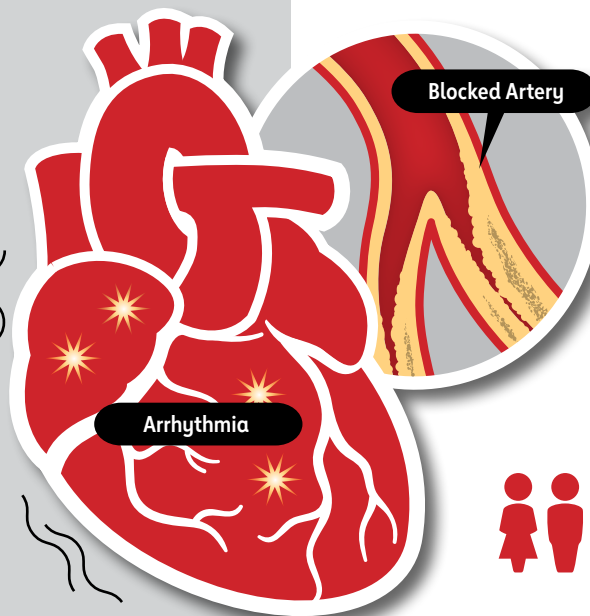


The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO



Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



American Heart Association.