

JANUARY 2018

# SAVE A HEART

CALIFORNIA NURSING STUDENTS ASSOCIATION



**#fact:**  
**It takes less than a**  
**minute to learn**  
**#HandsOnlyCPR**

## How to Perform Hands Only CPR

Hands only CPR consists of two simple and easy to remember steps.

- 1- Call 911
- 2- Push HARD and FAST in the center of the chest until help arrives



## How to Host Your Own Hands Only CPR Event

- 1- Explore this toolkit
  - 2- Set a date
  - 3- Pick a location (at your school, library, public transportation hubs, a park, or just about anywhere!)
  - 4- Get some volunteers to teach this simple two step life saving technique
  - 5- Print out some resource materials
  - 6- Advertise - some schools have even gotten a news segment (see video on page 3)
  - 7- Have fun and teach your community how to **SAVE LIVES!**
- (remember to take lots of pictures and tag CNSA at [#CNSASaveAHeart](#))

This toolkit is designed to help your local school chapter in hosting their own Hands Only CPR event. This event can be as large or small as you would like it to be. A Hands Only CPR event requires only a few resources and some planning; but can be hosted just about anywhere so get creative. Schools across the state and country have hosted these events in parks, schools, local transport stations, and homeless shelters. Anywhere there are people, you can help teach them this lifesaving skill - in less than a minute.

**#FACT:  
EFFECTIVE  
#HANDSONLYCPR  
INCREASES THE VICTIM'S  
CHANCE OF SURVIVAL  
BY 3X**

In the following pages you will find additional resources and handouts to utilize at your event as well as additional websites with information about Hands Only CPR. If your local chapter has any questions about hosting an event or needs any help please contact [cnsacommunityhealth@gmail.com](mailto:cnsacommunityhealth@gmail.com)





Have any questions or need any help? Contact [cnsacommunityhealth@gmail.com](mailto:cnsacommunityhealth@gmail.com)

## Resources

### MORE INFORMATION

<http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/hands-only-cpr>

[http://cpr.heart.org/AHA/ECC/Programs/HandsOnlyCPR/UCM\\_473196\\_Hands-Only-CPR.jsp](http://cpr.heart.org/AHA/ECC/Programs/HandsOnlyCPR/UCM_473196_Hands-Only-CPR.jsp)

[http://cpr.heart.org/AHA/ECC/Programs/Hands-OnlyCPRProgram/UCM\\_476671\\_CPR-Instruction-Schools-Program.jsp](http://cpr.heart.org/AHA/ECC/Programs/Hands-OnlyCPRProgram/UCM_476671_CPR-Instruction-Schools-Program.jsp)

### HANDOUTS

[http://cpr.heart.org/idc/groups/aha/ecc/public/@wcm/@ecc/documents/downloadable/ucm\\_493890.pdf](http://cpr.heart.org/idc/groups/aha/ecc/public/@wcm/@ecc/documents/downloadable/ucm_493890.pdf)

[http://cpr.heart.org/idc/groups/aha/ecc/public/@wcm/@ecc/documents/downloadable/ucm\\_485123.pdf](http://cpr.heart.org/idc/groups/aha/ecc/public/@wcm/@ecc/documents/downloadable/ucm_485123.pdf)

More handouts are included on pages 4-6

### VIDEOS

[http://cpr.heart.org/AHA/ECC/Programs/HandsOnlyCPR/UCM\\_475516\\_CPR-Demos-and-Videos.jsp](http://cpr.heart.org/AHA/ECC/Programs/HandsOnlyCPR/UCM_475516_CPR-Demos-and-Videos.jsp)

<https://youtu.be/lbdJEoYtNxY>

**FACT: WITHOUT CPR 92% DIE BEFORE MAKING IT TO THE HOSPITAL**

### Ken Jeong Suits Up



Watch and learn the simple steps in this new 60-second demo video to help save a life with Hands-Only CPR.

# HANDS-ONLY CPR

CPR can double or even triple a person's chance of survival.



#CPRSAVESLIVES

## LEARN THE TWO SIMPLE STEPS:

1. Call 911
2. Push hard & fast in the center of the chest



2 STEPS  
TO SAVE  
A LIFE

CPR WEEK JUNE 1-7



To learn, watch the 90-second Hands-Only CPR video at [heart.org/handsonlycpr](http://heart.org/handsonlycpr)

[heart.org/handsonlycpr](http://heart.org/handsonlycpr)

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# TWO STEPS TO STAYING ALIVE

with **HANDS-ONLY™**  
**CPR**



Call 9-1-1



Push hard and fast  
in the center of the chest  
*to the beat of  
"Stayin' Alive" by the Bee Gees*

Hustle to [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) to watch  
a 60-second video to learn how to save a life.



**CPR & First Aid**

[www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr)





## 2017 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 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 perform 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.

- Seventy 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 spaces.

### MUSIC CAN SAVE LIVES

- **Hands-Only CPR has just two easy steps, performed in this order:** (1) Call 9-1-1 if you see a teen or adult suddenly collapse; and (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. 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.

### TAKE 90 SECONDS TO LEARN HOW TO SAVE A LIFE

**Watch the 90-second demo video.** Visit [heart.org/handsonlycpr](http://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 [www.heart.org/findacourse](http://www.heart.org/findacourse) and/or purchase a CPR Anytime® Kit at [shopheart.org/cpr-anytime](http://shopheart.org/cpr-anytime).

*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.*