

LA COUNTY HEART HEROES

WHY LEARN HANDS-ONLY CPR?

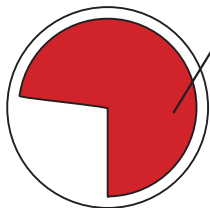
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

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.



70 percent

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



Only about 46% 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 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 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.