Heart Heroes Hands-Only CPR Training FAQs

1. **What if I have a disability or injury that prevents me from performing the chest compressions?**
   While some individuals with disabilities can perform CPR skills to the required standards, others who are unable to perform the motor skills of CPR can learn and verbalize recognition of the required knowledge and skills. This will increase the likelihood that those who cannot adequately perform the skill can instruct someone nearby to perform chest compressions in an emergency. This increases the population of individuals trained to respond to emergencies, ensuring CPR is performed until emergency medical services arrive.

2. **Can I injure someone while performing chest compressions?**
   It is possible, but without CPR the person will not survive, and the rib or sternum fractures do not cause serious harm. If this happens while doing chest compressions, do not stop. People who do survive consider rib fractures to be a minor annoyance – especially compared to the alternative.

3. **Can I be sued for performing CPR if I injure the person?**
   The Good Samaritan law protects bystanders and their actions when they decide to help someone in an emergency. There is some form of the Good Samaritan Law in all states of the U.S, including California. Hands Only CPR and conventional CPR are both covered under the Good Samaritan Law whether you are certified or not.

4. **If an AED is available, can it be used on someone who has a pacemaker?**
   Yes, an AED can be used on someone who has a pacemaker. It is important to place the AED pads 1 inch away from the site of the pacemaker to avoid the possibility of damaging it.

5. **Will I get certified in CPR by learning Hands-Only CPR?**
   No. Hands-Only CPR training is designed to give you the skills needed to help a person who collapses and is unconscious and not breathing. We do not issue a certification for learning this skill.

6. **Is Hands Only CPR as effective as conventional CPR?**
   Yes, it is just as effective as the full CPR with breaths especially when started within minutes of someone collapsing.

7. **Who should receive Hands-Only CPR?**
   Hands-Only CPR can be used only on teenagers and adults who are unresponsive and not breathing. It is most effective on those who collapse suddenly. It is far better to start Hands-Only CPR than to do nothing.

8. **If I know rescue breathing, should I provide breaths as well as compressions?**
   If you have been trained with a full CPR certification and know how to give breaths, you can provide rescue breaths. Those that know how to give conventional CPR should do so, but Hands-Only CPR is an effective alternative if the rescuer is unable or unwilling to provide breaths (due to not having protective barrier devices or not knowing how).

Learn more at: ph.lacounty.gov/heartheroes

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9. **Why can't Hands-Only CPR be used for infants and children?**
The American Heart Association recommends CPR with combination of breaths and compressions for all infants (up to age 1) and children (up to puberty). According to the AHA, there are medical emergencies that may cause an infant or child to be unresponsive and to stop breathing normally. In those emergencies, conventional CPR that includes mouth-to-mouth breathing may provide more benefit than Hands-Only CPR.

10. **Is it more effective to include rescue breaths?**
When a teen or adult suddenly collapses from cardiac arrest, they usually have enough oxygen to keep vital organs healthy for the first few minutes. Providing chest compressions that are hard and fast enough will help pump blood to the heart and brain. Studies have shown that Hands-Only CPR is just as effective as conventional CPR with breaths when given in the first few minutes of a cardiac arrest. Breaths are not as important as chest compressions because the oxygen level in the blood remains adequate for the first several minutes after cardiac arrest.

11. **What if I get tired and need to take a break?**
It is not advisable to take a break while performing CPR because ceasing resuscitation efforts could result in death. If you are alone and it is unavoidable, there is nothing you can do if you become too exhausted to continue. If you get tired and others are around, ask someone else to take over. If they have not received training, show them how to give chest compressions.

12. **What do I do if the person regains consciousness?**
If the person wakes up, starts breathing and moving, discontinue the chest compressions.

13. **How many compressions do I do? When do I stop?**
Chest compressions should be done at a rate of 100-120 per minute. Chest compressions should continue until the persons starts moving, breathing normally, speaking, or until EMS arrives.

14. **Where can I get CPR certified?**
There is a list of CPR certification classes available on the Heart Heroes website at http://publichealth.lacounty.gov/media/heart/index.htm.