Hands-Only CPR Instructor Guidance

Introduction:

- Hello, my name is **[insert name]**. Today I'm here to talk to you about Hands-Only CPR and how you can help save a life
- Thank you all for participating
- By the end of this presentation, we you:
  - Know why and when to do Hands-Only CPR
  - Learn how to perform Hands-Only CPR
  - Practice doing Hands-Only CPR

Why Hands-Only CPR?

- Hands-Only CPR is an easy and effective way for any bystander, especially if they act immediately, to double or triple a cardiac arrest victim's chance of survival.
- It helps to circulate oxygen-rich blood throughout the body and can help restart the heart.
- Studies have shown that chest Hands-Only CPR is just as effective as traditional CPR (with breaths) in helping to save the life of someone in cardiac arrest.
- Every minute CPR is delayed, a victim's chance of survival decreases by 10%.
- CPR can double a person's chance of survival from sudden cardiac arrest.

How to perform Hands-Only CPR?

- **Check for responsiveness**
  - If you see a person collapse, check the area to make sure you can approach them safely
  - If safe, approach, tap the person's shoulder and shout, "Hey, are you okay? Are you okay?"
  - If the person is unresponsive, assess if the person is breathing slowly or not at all

- **Call 9-1-1** or tell someone to call 911 if the person is unresponsive and breathing slowly or not breathing at all
  - Ask if an **AED** is available
- **Compressions**
  - Kneel next to the person with your knees touching their arm
  - Put the heel of one hand on the center of the chest and the other hand on top
- **Push HARD** and **FAST** straight down between the nipples (at least 2 inches and 100-120 times/min)
- **Continue compressions** until the ambulance arrives
  - If you get tired, switch off with another person

Some songs you can use for rhythm include:

- Stayin Alive - Bee Gees
- Crazy in Love - Beyonce
- Just Dance - Lady Gaga
- Rumor Has It - Adele
- I Will Survive - Gloria Gaynor

Become a **Heart Hero** to make a difference in someone's life!