

**2017 HANDS-ONLY CPRFACT 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 Beyoncéfeaturing 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://www.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](http://cpr.heart.org/FindACourse) and/or purchase a CPR Anytime® Kit at [shopheart.org/cpr-anytime](http://www.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.*

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