



## ♥ Why Learn CPR?

Cardiac arrest is a leading cause of death. It happens when an electrical problem in the heart causes an irregular heartbeat. This disrupts blood flow to the brain, lungs and other organs. **Each year, more than 350,000 people in the U.S. have an EMS-assessed out-of-hospital cardiac arrest.**

**More than 23,000 are children, and nearly 20% of these are infants.**

**When a person has a cardiac arrest, survival depends on receiving CPR from someone nearby right away.**

According to the American Heart Association, about 90% of people who have out-of-hospital cardiac arrests do not survive. CPR, especially if performed right away, can double or triple the chance of survival. Learn CPR today. Be ready. Become a part of the Nation of Lifesavers.

No one should face a life-changing moment alone.

## ♥ Be the Difference for Someone You Love

If you provide CPR, you will likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



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



**Fewer than 40%** of people who have an out-of-hospital cardiac arrest get the urgent help they need before professional help arrives

**For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public.**

**Hands-Only CPR has two easy steps, done in this order:**



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a song that has 100 to 120 beats per minute.

**Breathing problems often cause cardiac arrest in children. This is why it's important to give two rescue breaths with each set of 30 compressions for infants and children.**

## ♥ Call 911

The dispatcher on the call can help you while getting the medical help you need on the way.

## ♥ Music Can Save Lives

While performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. Songs that may help you stay on beat include, *Stayin' Alive* by the Bee Gees, *Crazy in Love* by Beyoncé, *Hips Don't Lie* by Shakira or *Walk the Line* by Johnny Cash.

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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.

Nation of Lifesavers is nationally sponsored by *Walgreens*



**Be Ready. Find a CPR class at [heart.org/nation](http://heart.org/nation).**