



National Charity League, Inc.®



Hands-Only CPR Event



Thank you for hosting a Hands-Only CPR Awareness Event!

Each year nearly 350,000 people suffer cardiac arrest outside of a hospital and only 1 in 10 victims survive. When bystander CPR is performed before EMS arrives, survival rates can double or triple!

Unfortunately, disparities exist in bystander CPR rates and AED use. There is a lack of availability, knowledge of, and/or ability to afford CPR programs in communities of color and low-income neighborhoods, resulting in lower rates of both bystander CPR and bystander AED use. And studies also show that women are less likely to receive bystander CPR than men.

You can help address these disparities by hosting a Hands-Only CPR Awareness Event in your community and encouraging people to share the information they learn with others.

Using a fully scripted presentation from the American Heart Association, anyone can facilitate a Hands-Only CPR awareness activity, however, you may choose to identify a facilitator from your community trained in CPR who can lead a skills demonstration and practice session on manikins.

Note: This presentation is an awareness activity only, which does not constitute proficiency in CPR and is not a certification program. However, you do NOT need to be certified to take action in an emergency and potentially save a life!

Optional:

To enhance the experience, consider purchasing a CPR & First Aid Anywhere Kit. The easy-to-use kit contains everything you need to learn and train others on the lifesaving skills of adult and child CPR, how to use an AED and how to help an adult or a child during choking-related emergencies.



Hands-Only CPR

Fact Sheet

♥ Why Learn Hands-Only CPR?

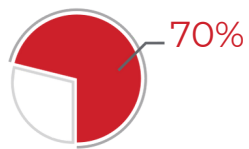
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

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.



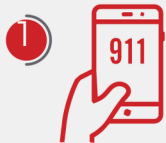
Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



Only about **40%** 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:



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 familiar song that has 100 to 120 beats per minute.

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring 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 video. Visit 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/CPR.

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.





How to Lead a Hands Only CPR Event

Step 1 - Plan

Determine important details:

- How would you like to present the information?
 - Deliver the fully scripted PowerPoint **presentation** OR
 - Show the 12 min. **training video**
- Will your event offer compressions practice? If so, select an option:
 - Order Adult & Child CPR Anytime® Kits OR
 - Ask school or community partners if they have manikins available for your event.
- Identify the 2-3 members who will facilitate the scripted PowerPoint or video presentation and, if applicable, who will lead the compressions practice.
 - Anyone can facilitate the presentation, but emergency responders or health care providers in your Chapter would be great choices.
- Who will you invite to the Hands Only CPR event?

Step 2 - Schedule

Set the date, time and location of your event:

- Tech needed: TV / screen/ projector and audio speakers. Optional: microphone.
- Event length can range from 15 minutes to 60 mins+ depending on:
 - Number of participants.
 - If you have secured manikin(s), allow enough time for everyone to get hands on skills practice with the manikin(s).

Step 3 - Prepare

- Send out invitations and promote your CPR event.
- Presenters practice the scripted presentation.
- Print resources and materials to share with participants and hang up around the space.



How to Lead a Hands Only CPR Event

Step 4 - Event

Host your CPR event:

- Set up manikins (if using).
- Display printed materials.
- Ensure the technology needed for the PowerPoint or video is working.
- Play music from the “[Don't Drop the Beat](#)” Spotify Playlist.
- Invite participants to sign in with name and email address.

Lead the presentation:

- Deliver the scripted PowerPoint [presentation](#) OR show the 12 min. [training video](#).
- Take photos and videos to capture your event. *

Step 5 - Wrap Up

- Share pictures of your event on social media and tag @American_Heart and #NationofLifesavers
- Send a follow-up email that includes all of the important information shared during your event (see template on next page).

Note:

* Before sharing any photos, make sure that all people have signed our [photo release form](#) so they are aware their photo may be shared in various places including social media or our website.

More than
350,000

out-of-hospital cardiac arrests occur each year in the United States.

During cardiac arrest, immediate CPR can

DOUBLE OR TRIPLE

a person's chance of survival.



But currently, bystanders only perform CPR



46% of the time.

Follow-up email template:

As community leaders, we are all committed to making a positive impact for others, and I want to personally thank you for dedicating your time to helping build a Nation of Lifesavers! You are making a positive impact, and we appreciate your participation! Below are links and information we shared during our Hands Only CPR activity:

This article addresses many frequently asked questions about Hands-Only CPR:

- [11 things to know to save a life with CPR | American Heart Association](#)

How to order CPR Kits:

- Adult and Child Anytime Kits: <https://cpr.heart.org/en/courses/adult-and-child-cpr-anytime-training-kits>

Class Connector to find certification training near you:

- https://ahainstructornetwork.americanheart.org/AHA/ECC/classConnector.jsp?pid=ahaecc.classconnector.home&_ga=2.130693327.17130745.1677086566-741289479.1642614453

CPR App Link:

- Google
Store: https://play.google.com/store/apps/details?id=org.heart.microlearning&hl=en_US&gl=US&pli=1
- Apple: <https://apps.apple.com/us/app/cpr-first-aid/id1532282997>

AED Resources:

- <https://cpr.heart.org/en/training-programs/aed-implementation>

Playlist:

- Check out our '[Don't Drop the Beat](#)' playlist. All songs are between 100 - 120 beats per minute, the same rate at which you should perform compressions when administering CPR.

Additional Hands-Only CPR Resources to help spread the word:

- [Hands-Only CPR Resources | American Heart Association CPR & First Aid](#)



Thank you!

