



American Heart Association®

Hard Hats with Heart™



Toolbox  
Talks

Hands-Only CPR

## Everyone should be prepared to save a life

Every year more than 350,000 people in the U.S. experience sudden cardiac arrest. The majority of out-of-hospital cardiac arrests – about 70 percent – happen at home. This means that 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.

## Women need CPR too!

In a 2017 study of more than 19,000 people who had cardiac events, only 39% of women received CPR from bystanders in public compared to 45% of men. Some deterrents are common fears and myths that may prevent them from getting help. Even in training environments, some people are less likely to use CPR or an AED on female avatars. Some examples – they are afraid of being accused of inappropriate touching or getting sued. They fear causing physical injury. Many believe that women are less likely to have heart problems or they are over-dramatizing the incident. In many states, Good Samaritan laws protect citizens who step up.

## How to perform Hands-Only CPR

Hands-Only CPR has been shown to be as effective 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:

1. Call 9-1-1 if you see a person suddenly collapse.
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 Beyoncé, “Hips Don’t Lie” by Shakira, or “Walk the Line” by Johnny Cash. People are more likely to remember the correct rate when trained to the beat of a familiar song.

Take **90 seconds** to Learn How to Save a Life. There is a 90-second video on [heart.org/handsonlycpr](http://heart.org/handsonlycpr). Watch the instructional video and share it with important people in your life.

### Frequently Asked Questions:

#### How effective is CPR?

If performed immediately, CPR can double or triple a victim’s chance of survival. The more people who know hands-only CPR, the more lives will be saved.

### Discussion Questions:

- Who is one person you will share this information with?