# Hands-Only CPR



American Heart Association www.bethebeat.org

# Health National Standards: Students will:

- Learn concepts related to health promotion and disease prevention to enhance health
- Show how they can access valid information and products and services to enhance health
- Explain how to enhance health and avoid or reduce health risks
- Explain how to practice healthy habits and avoid or reduce risks
- Explain how they can be an advocate for personal, family, and community health

# **Essential Questions:**

- What are the signs of sudden cardiac arrest?
- List the emergency response steps for sudden cardiac arrest
- How is Hands-Only CPR performed?
- What are common errors made in emergency response situations?
- Why is it important for others to learn Hands-Only CPR?

# By the end of the lesson, you will be able to

- Describe how to respond in an emergency
  - ✓ Sending someone to call 911 and locate an AED
  - ✓ Identify when someone needs CPR

Demonstrate proper Hands-Only CPR

#### **Terms**

Hands-Only CPR = uses only chest compressions

Cardiac arrest = heart stops beating

 <u>Unresponsive</u> = person does not talk, move, or respond when talked to or shaken

 <u>AED</u> = computer device that provides a shock to restart the heart

## **AED**

- An automatic external defibrillator sends an electronic shock to restart the heart
- AEDs come with voice instructions that give a responder the information necessary to provide care to a person experiencing cardiac arrest



### **Facts**

Everyday approx. 800 people suffer cardiac arrest

Fewer than 8% survive (64 out of 800)

Less than 1/3 of cardiac arrest victims receive
 CPR from an bystander

CPR can more than double the chance of survival

SAMPLE SKILL CARD

# HANDS-ONLY CPR

If you see a teen or adult suddenly collapse

First
Ask if they are okay?

Next

Call 911. Locate an AED. Then

Push hard and fast in the center of the chest.

# If you see an adult collapse:

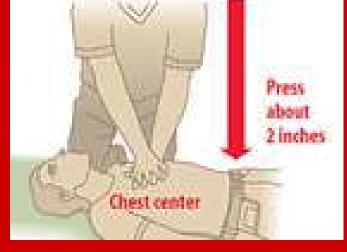
- 1. Tap and shout. "Are you okay?"
- 2. Tell someone to call 911 and get an AED
- 3. Start compressions
  - Hands in the center of the chest on sternum
  - Push hard and fast
    - Push at least 2" and at the rate of 100 beats/minute
- 4. Don't stop until medical help or the AED arrives

# Compressions should be in the center of the chest between the nipples



### **Show Your Skills**

- Hands in middle of chest
- Push hard and fast
- Push at least 2 inches
- Keep the Beat (100 BPM)



- "Staying Alive" or "Man in the Mirror"

## Youtube videos

Check out the following youtube videos:

– www.youtube.com/playlist?list=PL7A68846B1704 9716

## **Homework**

- 1. Write the steps of Hands-Only CPR
- 2. Write a paragraph (at least 5 sentences) about why knowing Hands-Only CPR is important how it could impact your future.
- 3. Share and teach this information to your family. Have each family member sign your homework.