

Hands-Only CPR

Two steps to save a life:



Call 911



Push hard and fast in
the center of the chest

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
- Unresponsive = person does not talk, move, or respond when talked to or shaken
- AED = 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=PL7A68846B17049716

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.