

## Give a Hand to Save Others from Sudden Cardiac Arrest Hands-Only CPR Facts

Sudden cardiac arrest claims hundreds of thousands of lives each year. One of the main reasons is because no one at the scene does anything to help. In fact, less than one-third of sudden cardiac arrest victims receive bystander cardiopulmonary resuscitation (CPR). Getting help right away — within a few minutes — is the key to survival. People who have a sudden cardiac arrest and don't get help right away will probably die.

Fortunately, the American Heart Association has a new way for anyone to step in and help adults who suddenly collapse — **Hands-Only CPR**.

- **Hands-Only CPR** is CPR without mouth-to-mouth breaths. It involves two easy steps: Call 911 and push hard and fast on the center of the chest. Don't stop until help arrives.
- *Anyone* can perform **Hands-Only CPR** and *everyone* should perform it if they aren't confident in their CPR skills or haven't learned conventional CPR.
- **Hands-Only CPR** is easy to remember and results in delivery of more, uninterrupted chest compressions until more advanced care arrives on the scene.
- **Hands-Only CPR Online** is a new Web site dedicated to educating people about **Hands-Only CPR**. Find out more at [americanheart.org/handsonlycpr](http://americanheart.org/handsonlycpr). The site includes:
  - A **Hands-Only CPR** instructional video
  - Survivor stories
  - Link to CPR Anytime, the association's self-directed, use-at-home program for those who want to learn more about conventional CPR training. Conventional CPR is still required for infants, children, and for adults who have a sudden cardiac arrest due to respiratory causes.
  - Media materials, including photos and contact information
  - News coverage
- Beginning in April 2008, the American Heart Association will feature brief video vignettes on YouTube about **Hands-Only CPR**. The first of four videos, *Rocket Science*, debuts on April 1. It takes a humorous look at three scientists discussing what they should do immediately after their colleague suddenly collapses. Links to the videos will be on the American Heart Association's new **Hands-Only CPR** Web site, [americanheart.org/handsonlycpr](http://americanheart.org/handsonlycpr).
- Bystanders must take action when they see someone suddenly collapse and stop breathing normally. When effective bystander CPR is given immediately after sudden cardiac arrest, it can double or triple a victim's chance of survival. **Hands-Only CPR** can help save lives.
- **Do not give Hands-Only CPR to infants and children — all infants and children who have a sudden cardiac arrest need conventional CPR.**
- Adults who nearly-drown or have cardiac arrest due to a respiratory cause need conventional CPR.