**2016 HANDS-ONLY CPRFACT 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, over 359,000 out-of-hospital cardiac arrests occur in the United States.

* When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.
* According to the American Heart Association, 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*.*
* Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don’t know how to administer CPR or they’re afraid of hurting the victim.

**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.

* 70 percent of out-of-hospital cardiac arrests happen in homes and residential settings.
* Unfortunately, only about 46 percent of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.
* Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. It can double or even triple a victim’s chance of survival.

**MUSIC CAN SAVE LIVES**

* Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse, (1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song “Stayin’ Alive.”
* 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.
* During CPR, you should push on the chest at a rate of at least 100 to 120 compressions per minute. The beat of “Stayin’ Alive" is a perfect match for this.

**TAKE 60 SECONDS TO LEARN HOW TO SAVE A LIFE**

* **Watch the 60-second demo video.** Visit [heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) to watch the Hands-Only CPR instructional video and share it with the important people in your life. You can also find a CPR class near you.

*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.*