

Hands-Only CPR

Two steps to save a life:



Call Right Away!

**Push Hard & Fast in
the Center of the Chest!**

American Heart Association

www.bethebeat.org

Sophomore CPR Graduation Requirement

1. **View this presentation.**
2. **Complete the writing assignment at the end of the the presentation.**
3. **Submit your completed writing assignment to one of the Health/PE Teachers and have them view your 100 compressions per minute on a mannequin.**
4. **Make sure the teacher checks your name off list for completing graduation requirement.**

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

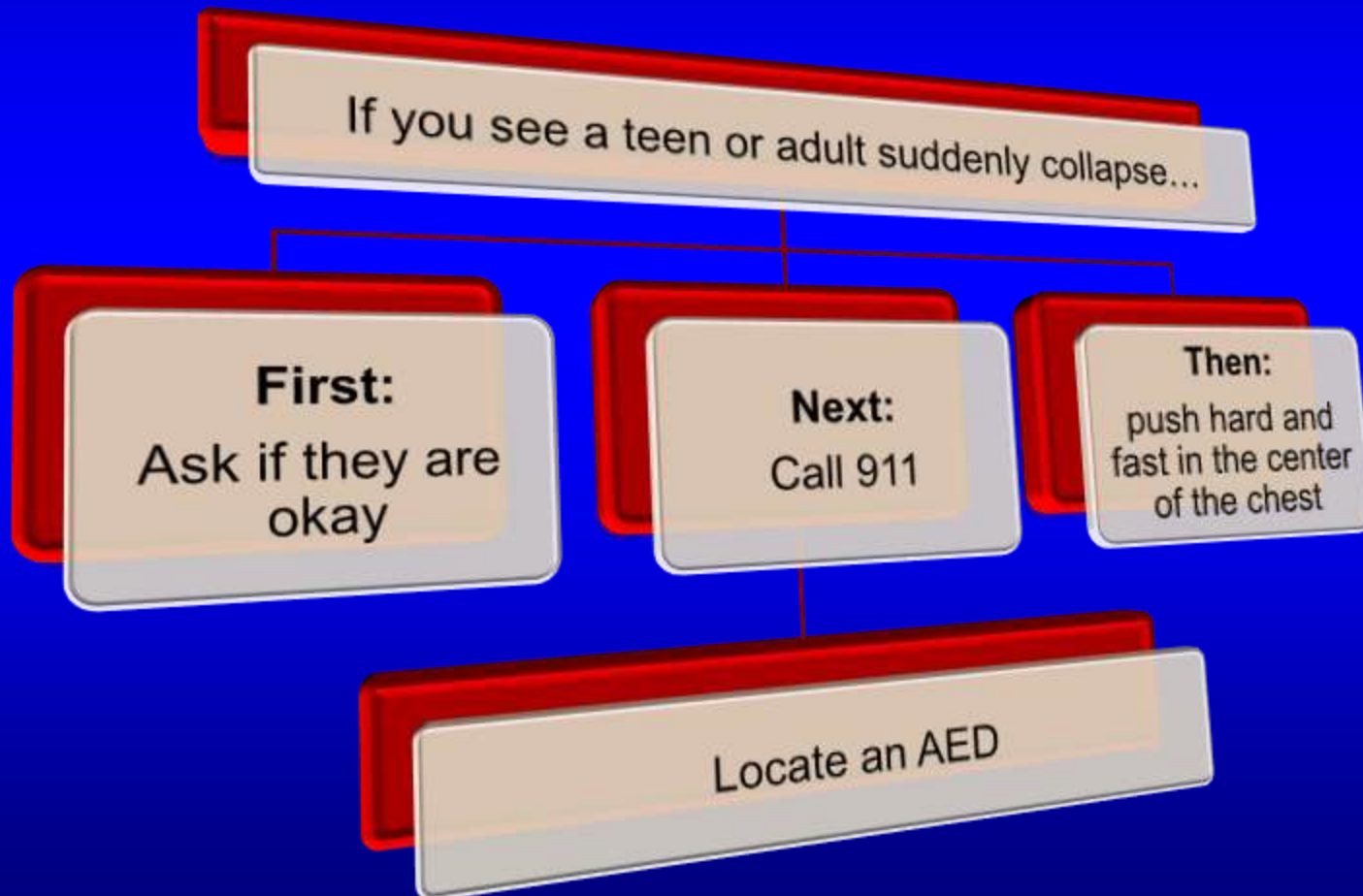
- **Everyday approx. 800 people suffer cardiac arrest**
- **Fewer than 8% survive (64 out of 800)**
- **Less than 1/3 of cardiac arrest victims receive CPR from an bystander**
- **CPR can more than double the chance of survival**

American Heart Association: “Be the Beat”

- To view “Be the Beat” go to www.bethebeat.org and click on **HANDS-ONLY™ CPR**



Hands-only CPR



If you see an adult collapse:

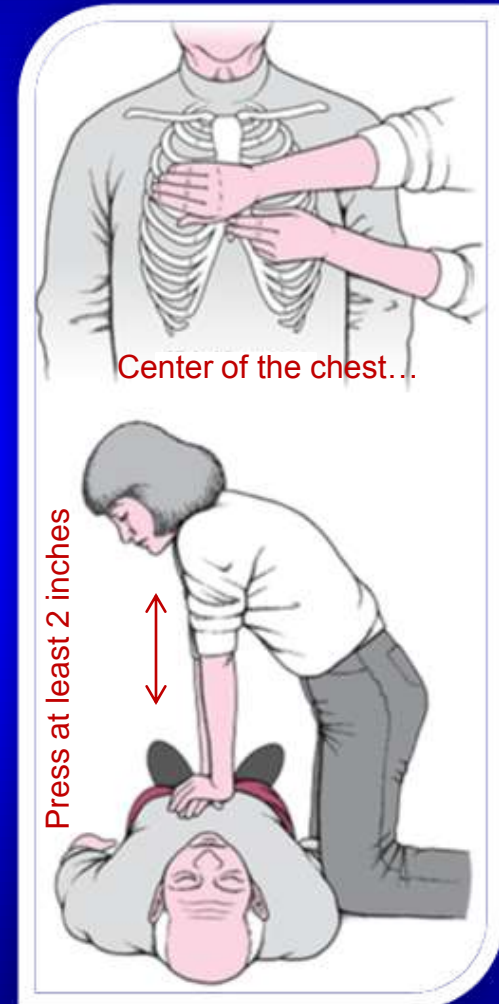
- Tap and shout. “Are you okay?”
- Tell someone to call 911 and get an AED
- Start compressions
 - Hands in the center of the chest on sternum
 - Push hard and fast
 - Push at least 2” and at the rate of 100 beats/minute
- Don’t stop until medical help or the AED arrives

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” or...
 - goto www.metronomeonline.com and select 100 on the wheel



Homework

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