

heartstyle

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Hands-Only™ CPR can help save more lives

Only an average of six percent of the roughly 166,200 out-of-hospital sudden cardiac arrest victims in North America survive to hospital discharge. The key to improving cardiac arrest survival is getting immediate help from



bystanders. However, less than one-third of sudden cardiac arrest victims receive bystander cardiopulmonary resuscitation (CPR).

The American Heart Association now has a new way for anyone to help adults who suddenly collapse — Adult Hands-Only CPR.

Hands-Only CPR includes chest compressions without mouth-to-mouth breaths. It involves two easy steps: **(1)** Call 9-1-1 and **(2)** push hard and fast on the center of the chest until help arrives.

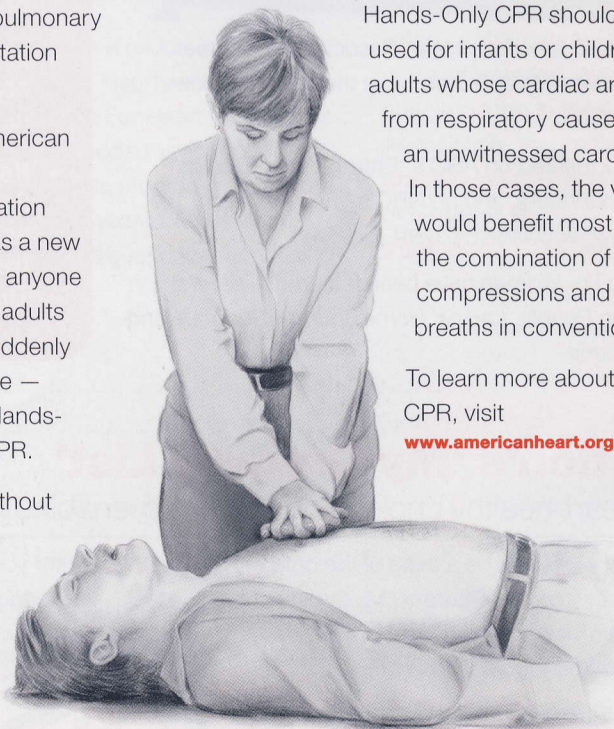
“By using Hands-Only CPR, bystanders can still act to improve the odds of survival, whether

they are trained in conventional CPR or not,” said Michael Sayre, M.D., associate professor in the Ohio State University Department of Emergency Medicine in Columbus.

“Many times people nearby don’t help because they’re afraid that they will hurt the victim and aren’t confident in what they’re doing. We want people to know that they can help many victims, just by calling 9-1-1 and doing chest compressions. Don’t be afraid to try it. We are sure many lives will be saved if the public does Hands-Only CPR for adult victims of sudden cardiac arrest.”

Hands-Only CPR should not be used for infants or children, for adults whose cardiac arrest is from respiratory causes, or for an unwitnessed cardiac arrest. In those cases, the victim would benefit most from the combination of chest compressions and rescue breaths in conventional CPR.

To learn more about Hands-Only CPR, visit
www.americanheart.org/handsonlycpr.



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