

# Hands-Only™ CPR Fact Sheet



**CPR & First Aid**

Know disco? You can help save a life if you do.

If you see a teen or adult collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." The American Heart Association's Hands-Only CPR at this beat can more than double or triple a person's chances of survival.

Take 60 seconds and hustle to [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to learn how you can help save a life.

## WHY LEARN HANDS-ONLY CPR?

Sudden cardiac arrest is a leading cause of death. Nearly 400,000 out-of-hospital cardiac arrests occur annually in the United States.

- When a teen or adult has a sudden cardiac arrest, survival depends on immediately getting CPR from someone nearby.
- Sadly, 89 percent of people who suffer an out-of-hospital cardiac arrest die because they don't receive immediate CPR from someone on the scene.
- 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. Don't be afraid. Your actions can only help.

## 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.

- 80 percent of sudden cardiac arrests happen in private or residential settings.
- Unfortunately, only 41 percent of people who experience a cardiac arrest at home, work or in public get the immediate help that they need before emergency help arrives.
- Hands-Only CPR has been shown to be as effective as conventional CPR for sudden cardiac arrest at home, at work or in public. It can double or even triple a victim's chance of survival.

## DISCO 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."

- According to the American Heart Association, people feel more confident performing Hands-Only CPR and are more likely to remember the correct rhythm when trained to the beat of the disco classic "Stayin' Alive."
- "Stayin' Alive" has more than 100 beats per minute, which is the rate you should push on the chest during CPR.

## HUSTLE TO LEARN HOW TO SAVE A LIFE

- **Watch the 60-second demo video.** Visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to watch the American Heart Association's Hands-Only CPR instructional video and share it with the important people in your life.

The American Heart Association's Hands-Only CPR campaign is supported by an educational grant from the WellPoint Foundation.

**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.**