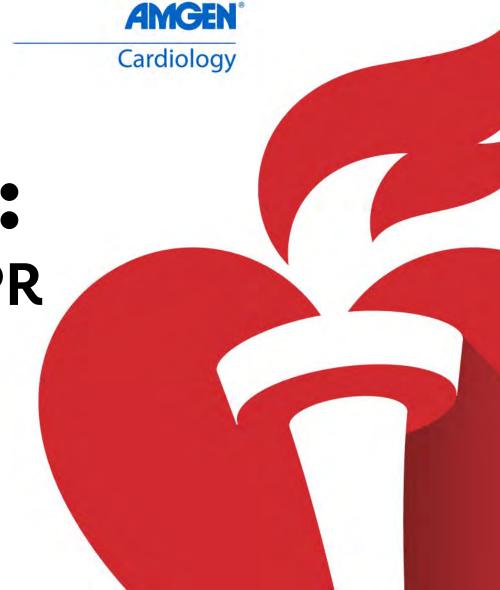


Keep the Beat: Learn Hands-Only CPR

#EmPOWERChange

Amgen proudly supports the American Heart Association's EmPOWERED to Serve Initiative



KEEP THE BEAT | Lesson Overview

Welcome

- What is EmPOWERED to Serve™?
- Program Topic and Urgent Community Need

Health Lesson

- Hands-only CPR can help teens and adults
- Call 911 and stay on the phone
- Push hard and fast in the center of the chest to the beat of "Stayin' Alive"

Closing Thoughts

- Your Voice Matters
- Online Resources







WHAT IS EMPOWERED TO SERVE?

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities.

We are catalysts for change, empowering the equity equation.

AHA's Mission Statement:

To be a relentless force for a world of longer, healthier lives.





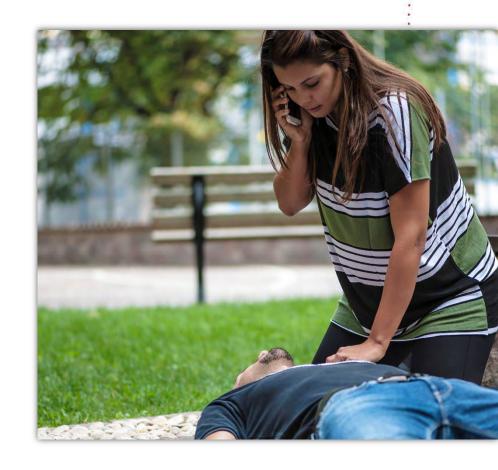


PROGRAM OBJECTIVES

AHA recommends Hands-Only CPR for teens and adults who suddenly collapse.

By the end of this lesson, you'll be able to share with loved ones:

- How to learn Hands-Only CPR by watching a fun, 60-second online video
- Talk about when to use Hands-Only CPR
- Know what to do when you call for 911 or for other emergency help







VIDEO: Learn Hands-Only CPR





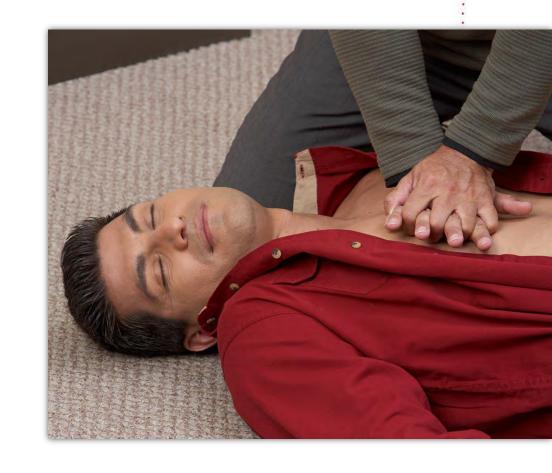


WHAT IS CPR?

CPR stands for cardiopulmonary resuscitation.

By pushing hard and fast on someone's chest, you are:

- Performing chest compressions which act like an external heart
- Helping to pump blood to the vital organs such as the brain





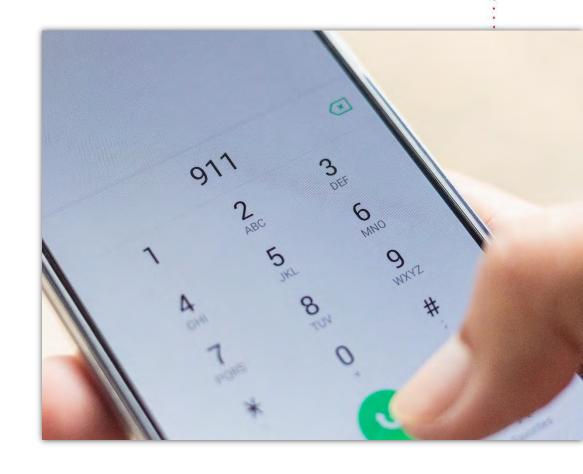


IS SOMEONE HAVING A CARDIAC ARREST?

Don't feel helpless.

Would you avoid calling 911 because of:

- Language issues?
- Payment concerns?
- Fear of getting in trouble?
- Immigration status?







WHAT IS HANDS-ONLY CPR?

Hands-Only CPR is CPR without mouth-to-mouth breaths.

Hands-Only CPR just takes two steps to save a life:



Call 911.



Push hard and fast in the center of the chest.

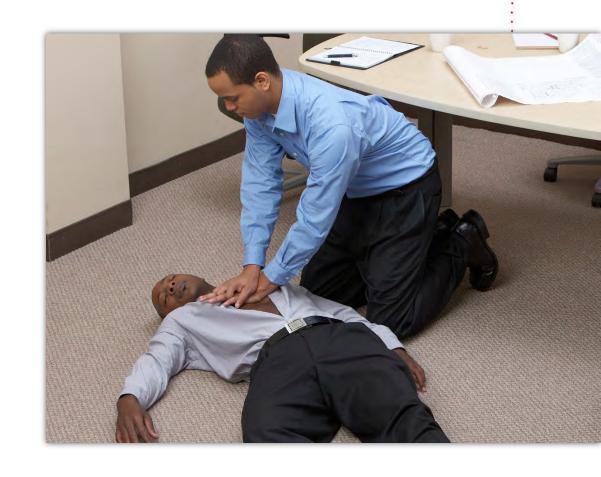




POINT 1: Hands-only CPR can help teens and adults.

Hands-Only CPR can help adults or teens who suddenly collapse and stop breathing.

- Hands-Only CPR performed immediately can make a difference.
- It is not for use with infants and young children.





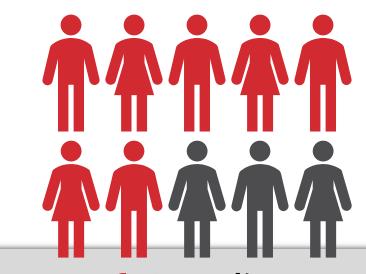


WHAT IS CARDIAC ARREST?

If someone collapses and stops breathing, they are most likely in cardiac arrest.

Cardiac arrest is when the heart stops beating.

- Cardiac arrest is triggered by an electrical malfunction that causes the heart to have an irregular beat.
- When the heart doesn't beat, it cannot pump blood to the brain, lungs and other organs.
- It may be abrupt and unexpected.



7 out of 10 cardiac arrests occur at a home or residence.





THE LIFE YOU SAVE MAY BE A LOVED ONE

About 1 out of 10 people who suffer cardiac arrests out of the hospital survive:

- Cardiac arrest can happen to anyone at any time.
- Many people appear healthy, with no known heart disease or other risk factors.
- African Americans and Hispanics/Latinos are less likely to receive bystander CPR and to survive.







IS IT A HEART ATTACK OR CARDIAC ARREST?

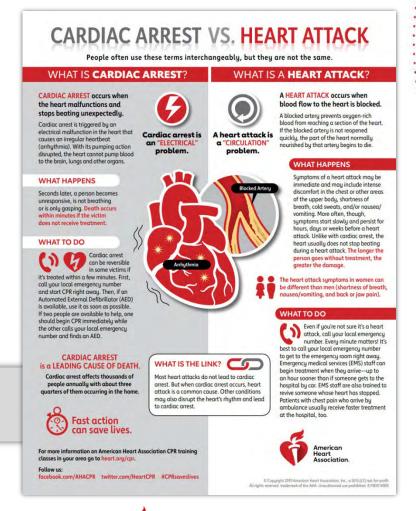
Heart attack is a circulation problem.

Blood flow to the heart is blocked.

Cardiac arrest is an electrical problem.

The heart malfunctions and suddenly stops beating.

A heart attack may CAUSE cardiac arrest.





POINT 2: Call 911 and stay on the phone.

After calling 911, stay on the phone until the dispatcher provides further instructions.

- As a bystander, don't be afraid
- Your actions can only help







CALL 911 RIGHT AWAY

Calling 911 for help can increase someone's change of survival – and getting the best possible treatment:

- Few African Americans call 911 immediately.
- Mexican-Americans are less likely than whites to call 911.
- Both Mexican-Americans and white women are less likely than men to arrive at the hospital within three hours.





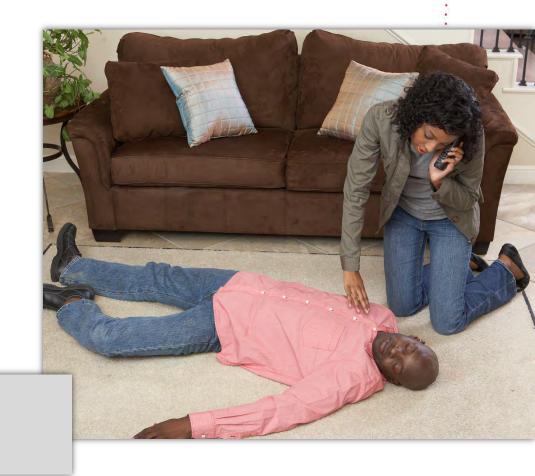


WHAT TO DO WHEN YOU CALL

When you call 911, stay on the phone until the 911 dispatcher provides further instruction:

- They will ask you about the emergency.
- They will ask details like your location be specific.
- If you speak Spanish only, tell the dispatcher, "heart stopped, Spanish interpreter."

Answering the dispatcher's questions will not delay the arrival of help.







HANDS-ONLY CPR CAN HELP SAVE A LIFE



Prepare yourself today!

View the Hands-Only CPR Video





VIDEO: Hands-Only CPR Demo







CAN I GET IN TROUBLE FOR HELPING?

Question:

Can I get into legal trouble for performing CPR?

- Good Samaritan laws vary significantly from state to state.
- If you have concerns regarding liability, check your state laws.





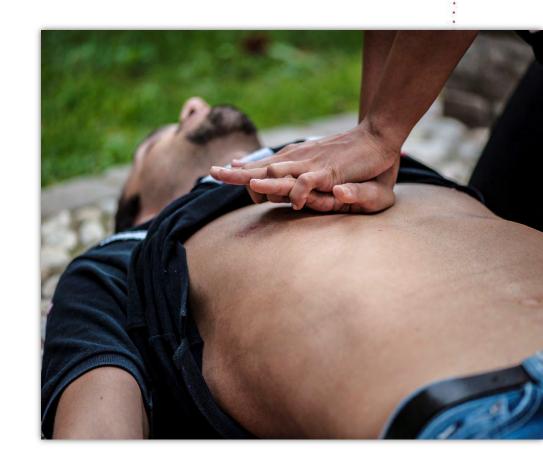


CAN I MAKE THINGS WORSE?

Question:

What if someone has an injury? Can I make the situation worse by doing CPR?

- No.
- A person whose heart has stopped must have CPR to survive.





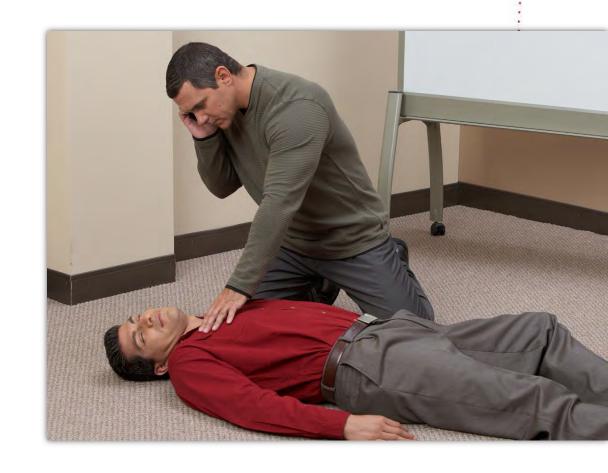


WHAT IF I DO CPR WRONG?

Question:

I just watched a short video.
I have no other formal training.
What if I do it wrong?

- Without CPR, the person will not survive.
- Your actions can only help.







REMEMBER HANDS-ONLY CPR

Hands-Only CPR just takes two steps to save a life:



Call 911.



Push hard and fast in the center of the chest.





SPREAD THE WORD

Share what you have learned!

- Give 5 people you care about the power to save lives!
- Ask them to watch the Hands-Only CPR video: Two Steps to Stayin' Alive







YOUR VOICE MATTERS

We all have the power to make a difference by speaking out for policies that help build healthier communities and healthier lives.

Join You're the Cure today and be among the first to know when major policy initiatives pass or when your help is needed to advocate for a healthy future.

Text EMPOWER to 46839 to join today!







USE YOUR VOICE TO CREATE HEALTHIER COMMUNITIES

You can help us work to draw communities together on the path to building a sustainable culture of health.

Go to EmPOWEREDtoServe.org

Sign up to become an ambassador and learn how you can be a part of the movement!

Join us as we impact the health of ALL in our communities!







WRAP-UP

We appreciate your thoughts!

Tell us what you liked best.

Email us at: empoweredtoserve@heart.org







WE ARE EMPOWERED TO SERVE

...serve our health, serve our community



The American Heart Association requests that this document be cited as follows:

American Heart Association EmPOWERED to Serve Health Lessons.

EmPOWEREDtoServe.org



