



American Heart Association®

EmPOWERED to Serve™

# Keep the Beat: Learn Hands-Only CPR

#EmPOWERChange

# KEEP THE BEAT | Lesson Overview

## Welcome

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

## Health Lesson:

### *Learn Hands-Only CPR*

- 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



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# 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.



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# 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

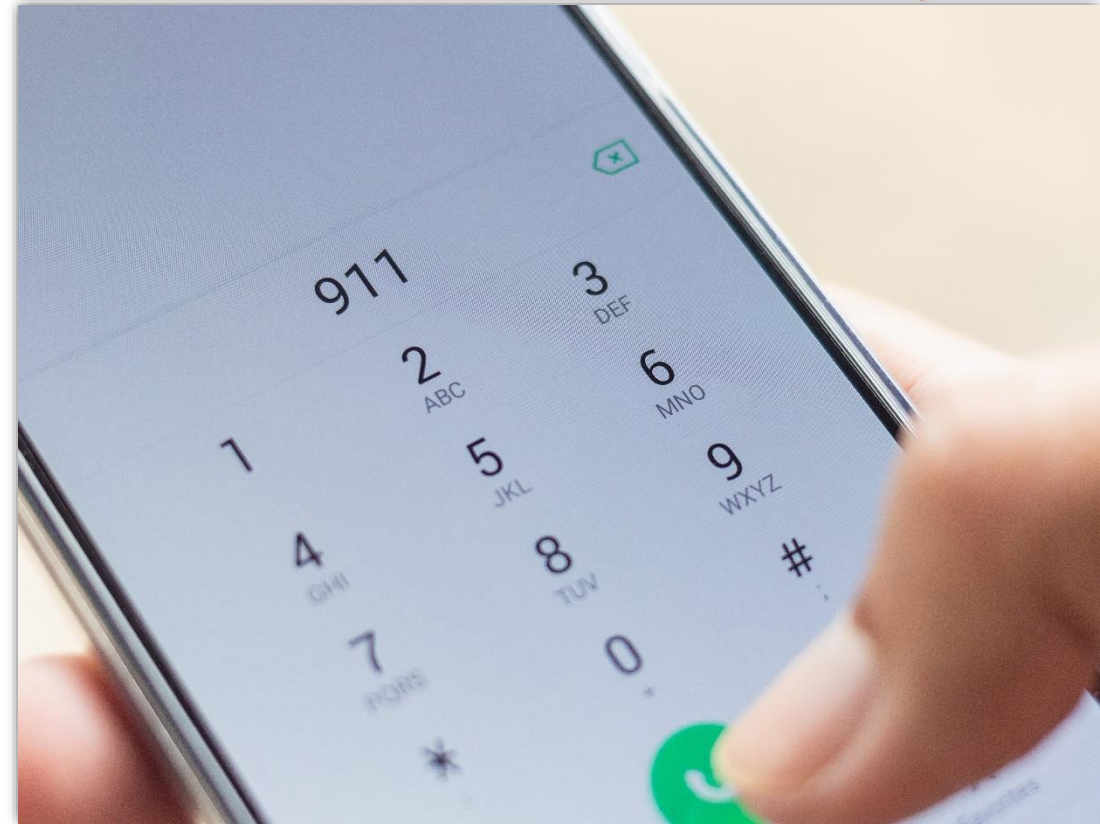


# IS SOMEONE HAVING A CARDIAC ARREST?

**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.

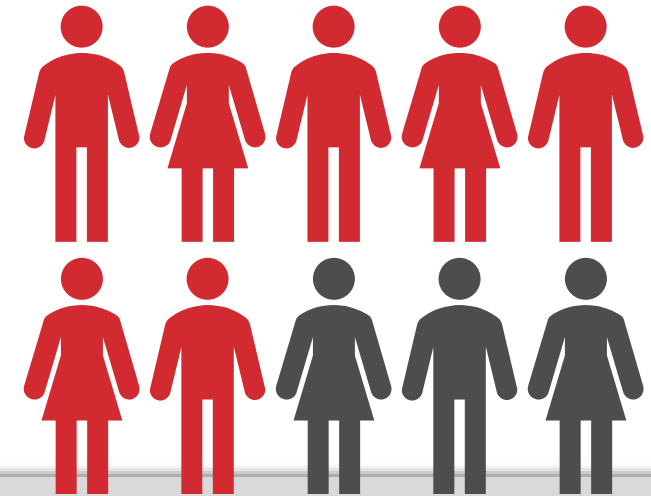


# WHAT IS CARDIAC ARREST?

**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.**



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# 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.

## CARDIAC ARREST VS. HEART ATTACK


People often use these terms interchangeably, but they are not the same.

WHAT IS <b>CARDIAC ARREST</b> ?	WHAT IS A <b>HEART ATTACK</b> ?
<p><b>CARDIAC ARREST</b> occurs when the heart malfunctions and stops beating unexpectedly.</p> <p>Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.</p>	<p>A <b>HEART ATTACK</b> occurs when blood flow to the heart is blocked. A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.</p>
<p><b>WHAT HAPPENS</b></p> <p>Seconds later, a person becomes unresponsive, is not breathing or is only gasping. <b>Death occurs within minutes if the victim does not receive treatment.</b></p>	<p><b>WHAT HAPPENS</b></p> <p>Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. The longer the person goes without treatment, the greater the damage.</p>
<p><b>WHAT TO DO</b></p> <p>Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.</p>	<p><b>WHAT TO DO</b></p> <p>Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) staff can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.</p>
<p><b>CARDIAC ARREST is a LEADING CAUSE OF DEATH.</b></p> <p>Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.</p>	<p><b>WHAT IS THE LINK?</b></p> <p>Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.</p>

**Fast action can save lives.**

For more information on American Heart Association CPR training classes in your area go to [heart.org/cpr](http://heart.org/cpr).

Follow us:  
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## **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

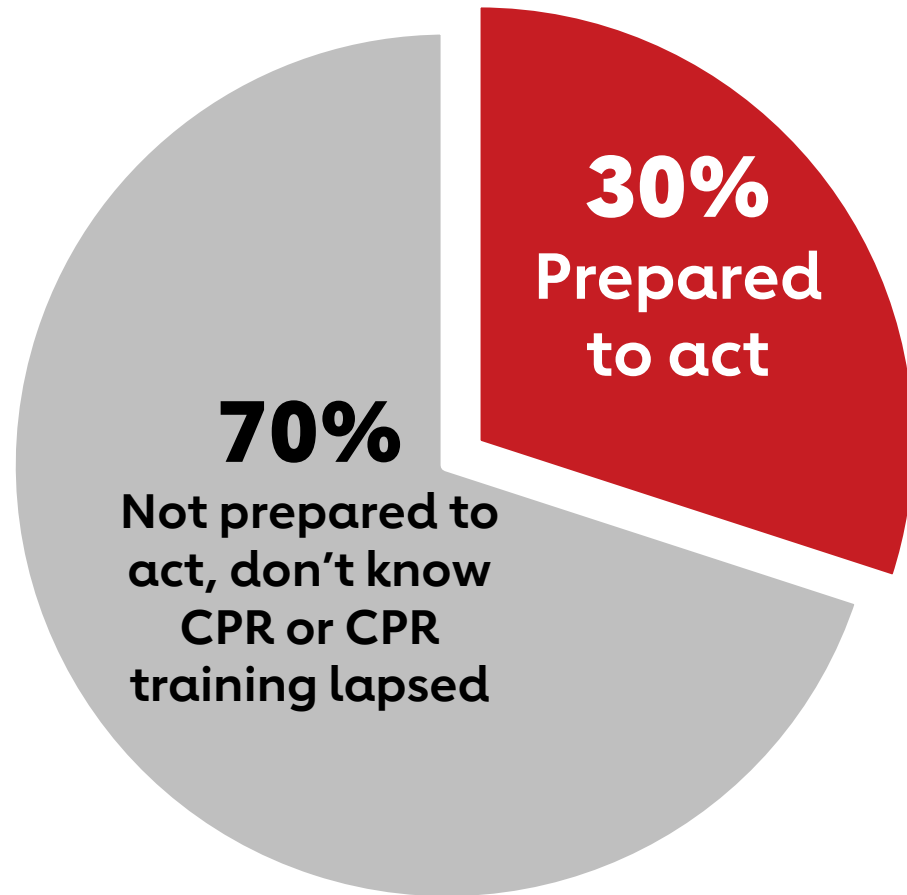
**When you call 911, stay on the phone until the 911 dispatcher provides further instruction:**

- 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](https://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!**



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# WRAP-UP

**We appreciate your thoughts!**

Tell us what you liked best.

Email us at:  
[empoweredtoserve@heart.org](mailto: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:**  
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