



# Keep the Beat: Learn Hands-Only CPR

#EmPOWERChange

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.  
EmPOWERED to Serve is a trademark of the AHA. Unauthorized use prohibited.



Kick off your program with a warm welcome and your opening remarks. This could include an inspiring quote or reading or share with the group why this topic is important to you and your reason for offering to host this lesson.



American Heart Association.

EmPOWERED to Serve™

## 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



American Heart Association.

EmPOWERED to Serve™

2

Get everyone focused by reading through the lesson overview.

Let participants know that the lesson takes 30 minutes to complete.



## 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.**

Read the introduction to ETS.

Share why you joined the ETS movement.

Encourage anyone who has not joined ETS to go online after the program and sign up for this national movement.

Note that ETS is a platform of the American Heart Association/American Stroke Association and works in partnership with community organizations across the country.

Highlight the American Heart Association's Mission Statement.



## 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

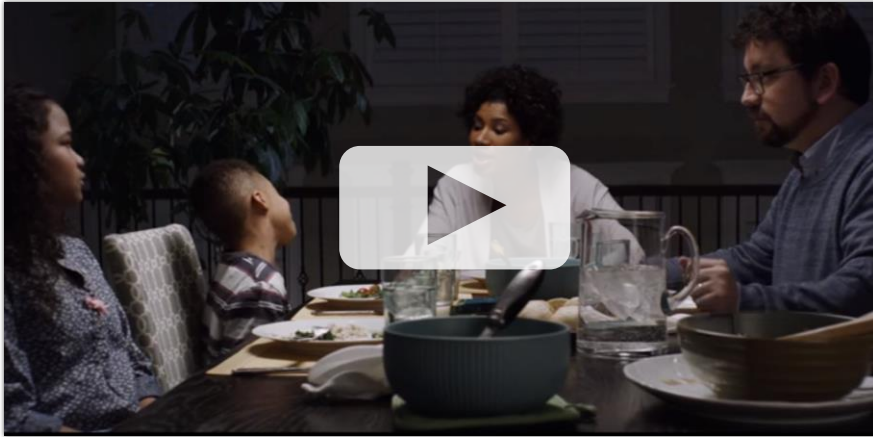


Ask the group:

- Is anyone in the group trained in CPR?
- If yes, have you been called upon to act in an emergency?
- Has anyone heard about Hands-Only CPR? (It is done without the breath. Hands-Only CPR only includes the compression of someone's chest with your hands.)



## **VIDEO:** Learn Hands-Only CPR



5

PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the Learn Hands-Only CPR video. If you aren't going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

This video is available in English only.

Play the video: <http://bit.ly/38vrbe8>



## 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



Review the information on the slide.



## 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?



Review the information on the slide.



## 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.

Review the information on the slide.

Explain to the group:

- You can prepare yourself to act in an emergency by simply viewing the Hands-Only CPR instruction video on the American Heart Association website.
- A research study showed that people who view a CPR instructional video are much more likely to attempt life-saving resuscitation.
- Hands-Only CPR (CPR with just chest compressions) has been proven to be as effective as CPR with breaths in the first few minutes of an out-of-hospital sudden cardiac arrest.





## **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.



- Hands-Only CPR can help save the life of a teenager or adult who suddenly collapses at home or work or even in the park.
- It is not for use with infants and young children. Traditional CPR needs to be used with babies and small children.
- If someone collapses and stops breathing, they are most likely in cardiac arrest. Hands-Only CPR performed immediately can make a difference.
- Note to facilitator: Traditional CPR is needed for drowning and electrocution.

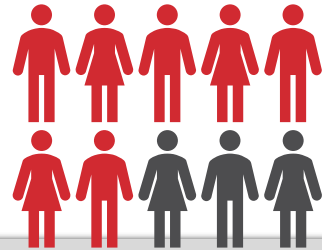


## WHAT IS CARDIAC ARREST?

**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.**



Review the information on the slide.

Ask the group:

- Do you know anyone who has had a heart attack?
- Do you know anyone who has had cardiac arrest?



## 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.



Read the slide.

Explain to the group:

- Cardiac arrest can happen to anyone at any time.
- Sadly, a very small percentage of people who go into cardiac arrest outside of the hospital live—about 10 percent.
- That's only 1 in 10 of our loved ones who survive.
- And, victims may seem perfectly fine. They appear to be healthy. They may not have any previous known problems with their heart.

Share with the group that members of multicultural communities such as African Americans and Hispanics/Latinos have lower survival rates. Use this statistic, to emphasize the importance of learning Hands-Only CPR.

## 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 CARDIAC ARREST?	WHAT IS A HEART ATTACK?
<p><b>CARDIAC ARREST</b> occurs when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With no pumping action throughout, the heart cannot pump blood to the brain, lungs and other organs.</p> <p><b>WHAT HAPPENS</b> Seconds later, a person becomes unresponsive, is not breathing or is only gasping. Death occurs unless someone if the victim does not receive treatment.</p> <p><b>WHAT TO DO</b> Cardiac arrest can be reversible in some cases 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. These people are unlikely to fully recover should begin CPR immediately while the other calls your local emergency number and finds an AED.</p> <p><b>CARDIAC ARREST IS A LEADING CAUSE OF DEATH.</b> Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.</p> <p><b>Fast action can save lives.</b></p>	<p><b>A 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> Symptoms of a heart attack may be immediate and may include chest pain or discomfort that lasts at other parts of the upper body, shortness of breath, cold sweats, nausea or vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack strikes with sudden onset. 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> Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best if you call 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 before their departure gets to the hospital by car. EMS staff are also trained to make someone who has had a heart attack feel better when they arrive. By ambulance usually receive faster treatment at the hospital, too.</p>

For more information on American Heart Association CPR training classes to get you up to heart call us. Follow us: [www.heart.org](https://www.heart.org) #AHA CPR #CPRtraining

Review the difference between a heart attack and cardiac arrest. Summarize by saying this: “Cardiac arrest is when the heart stops beating. It is not a heart attack. But a heart attack may cause cardiac arrest.”

Reference the handout “Cardiac Arrest vs. Heart Attack” infographic. If time allows, ask for volunteers to take turns reading sections of the infographic.



## **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



Review the information on the slide.

Ask the group: Does the thought of helping out in a emergency make you nervous?

Comment:

- Once you have learned Hands-Only CPR, you are better equipped to act quickly in a crisis.
- Don't be afraid. Your actions can only help.

Explain to the group:

- If you see a teen or adult suddenly collapse, *call 911 and push hard and fast on the center of the chest.*
- Continue pushing hard and fast in the center of the chest until help arrives.
- If the person speaks, moves, or breathes normally while you're giving chest compressions, Hands-Only CPR can be stopped.



## 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.



Review the information on the slide.

Emphasize that reluctance to call 911 can impact the chance of your loved one's survival.



## 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.**



Review the information on the slide.

Ask the group: If you come across someone who has suddenly collapsed, what’s the first step to take to help them?

The first step in performing CPR is calling 911.

Ask the group: Has anyone had to call 911 because of a medical emergency? If yes, what do you remember about the experience?

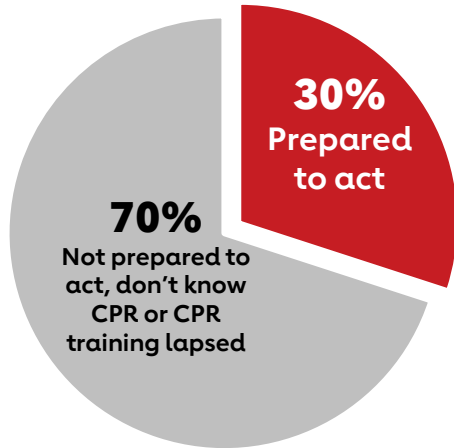
Review the information on the slide.

- Reinforce the importance of giving a precise location.
- This is especially true if you are calling from a mobile phone because the physical address is not linked to that phone number.

Reinforce the importance of answering all of the dispatcher’s questions and of staying on the phone until the dispatcher says it is okay to hang up.



## HANDS-ONLY CPR CAN HELP SAVE A LIFE



**Prepare yourself today!**

**View the Hands-Only CPR Video**



Review the information on the slide.



## VIDEO: Hands-Only CPR Demo



PREP NOTE: Before the program, review the resource list for this lesson. Check the URL for the Hands-Only CPR Demo video. If you aren't going to have a live Internet connection, download the YouTube video ahead of time to your computer. Or, skip this slide.

This video is available in English only.

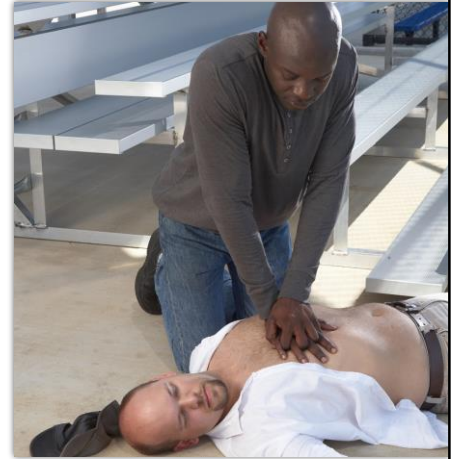
Play the video: [bit.ly/37p1fQ5](https://bit.ly/37p1fQ5)



## 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.



Ask the group:

- Has anyone heard of the Good Samaritan Law? Can you explain it to the group?
- Some people are reluctant to help because they worry they may be sued.
- Many states have laws, called Good Samaritan laws, which protect a first responder, which is someone who offers their help.
- However, laws vary by state.
- If you have concerns about 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.



Ask for volunteers to take turns reading the questions and the answers.

Summarize by saying, your willingness to help by administering Hands-Only CPR can only help.



## 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.



Ask for volunteers to take turns reading the questions and the answers.

Summarize by saying, your willingness to help by administering Hands-Only CPR 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.

Review the information on the slide.



## 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***



Review the call to action on the slide.

Engage the group – ask:

- Who will you give the power to save lives?
- Name at least five people.
- What will you tell them about learning Hands-Only CPR?



## 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!**



Say:

Thank you for joining today. Before we close this lesson, we would like to mention other ways you can continue your health journey and help others in your community.

Each of us have the power to make a difference in our community. By joining the American Heart Association's **You're the Cure** program, you can be among the first to know when major policy initiatives pass or when your help is needed to advocate for an issue. 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://www.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!**



Encourage everyone to be active in the EmPOWERED to Serve movement.

Share how being part of the ETS movement helps you embrace a lifestyle of health.

Encourage everyone to come to a future ETS health lesson.





## WRAP-UP

**We appreciate your thoughts!**

Tell us what you liked best.

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



Thank everyone for coming.

Thank all the volunteers who helped coordinate the program.

Take a moment to share an inspirational reading or ask the group to join you in an uplifting song.

# 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](https://www.EmPOWEREDtoServe.org)

26 © Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.  
EmPOWERED to Serve is a trademark of the AHA. Unauthorized use prohibited. DS15225 12/19

Put this slide up as your closing slide and leave it up until all the participants leave the room.