



American Heart Association.

EmPOWERED to Serve™

# Keep the Beat: Learn Hands-Only CPR

## RESOURCE LIST

### **Call to Action:**

Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. Visit [heart.org/HandsOnlyCPR](http://heart.org/HandsOnlyCPR) to watch the Hands-Only CPR instructional video and share it with the important people in your life.

The lesson provides suggested American Heart Association/American Stroke Association resources related to Hands-Only CPR. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

## Additional Resources

### Directory of CPR Classes

As the world leader in CPR, first aid and emergency cardiovascular care (ECC) training and education, the American Heart Association offers a variety of options for you to find a course ([opens new window](#)) and learn lifesaving skills. Locate a local training center to become an AHA Instructor or to choose courses for family members and friends, employees, or healthcare providers.

Find a CPR training center in your area: [bit.ly/1yYuLKe](https://bit.ly/1yYuLKe)



**Point 1: Hands-Only CPR can help teens or adults who suddenly collapse.**



**Hands-Only CPR Resources**

Access survivor stories and printable resources

[bit.ly/2w4HVKP](https://bit.ly/2w4HVKP)



**Hands-Only CPR Frequently Asked Questions**

Answers to common questions about Hands-Only CPR.

[bit.ly/2uKqZZL](https://bit.ly/2uKqZZL)



**Cardiac Arrest vs. Heart Attack Infographic**

One-page infographic on the differences between a heart attack and cardiac arrest.

[bit.ly/1Ggxs7i](https://bit.ly/1Ggxs7i)

**Point 2: Call 911 and stay on the phone until the 911 dispatcher provides further instruction.**



**Official Jennifer Coolidge AHA Hands-Only CPR PSA**

Jennifer Coolidge suits up in a new Stayin' Alive video to promote Hands-Only CPR. (0:30)

[bit.ly/1EpaX3l](https://bit.ly/1EpaX3l)



**Hands-Only CPR Demo Video**

Watch and learn the simple steps in this new 60-second demo video to help save a life with Hands-Only CPR. If you know the two steps to Hands-Only CPR, you're ready to help save a life. (1:02)

[bit.ly/1GgxY5a](https://bit.ly/1GgxY5a)



**Point 3: Push hard and fast in the center of the chest to the beat of "Stayin' Alive." or another song from the playlists below.**



**Football Fan Hands-Only CPR video**

Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. (1:10)

[bit.ly/2tUKEpD](https://bit.ly/2tUKEpD)



**Hands-Only CPR Fact Sheet**

Learn more about how Hands-Only CPR save lives.

[bit.ly/2HlqqbO](https://bit.ly/2HlqqbO)



**Don't Drop the Beat Spotify Playlist**

Songs with beats between 100-120 per minute.

[spoti.fi/2OP2BwW](https://spoti.fi/2OP2BwW)



**Anthem Health Champions Station on Pandora**

Songs with beats between 100-120 per minute.

[pandora.app.link/YiNTZOE223](https://pandora.app.link/YiNTZOE223)