



American Heart Association.

Hands-Only CPR



Join a Nation of Lifesavers today.

TWO STEPS TO SAVE A LIFE

1

Call 911.



2

Push hard and fast in the center of the chest.



**Know it. Feel it.
Push it. Keep it.**

Transforming a Nation of Bystanders into a Nation of Lifesavers.

Nation of Lifesavers™

Turn bystanders into lifesavers through CPR & AED awareness and education

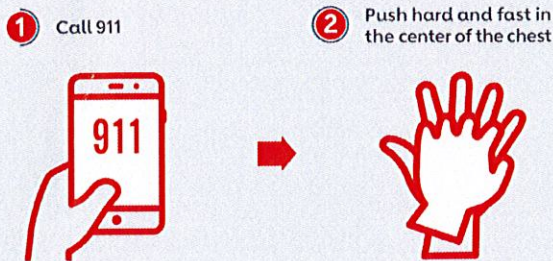
The American Heart Association has set a goal of doubling the survival of cardiac arrest by 2030. We know that to save more lives from the 350,000 cardiac arrests that occur outside of the hospital every year, we must increase the number of people who respond to cardiac arrest by calling 911, delivering high-quality CPR and getting and using an AED as soon as it is available.

Currently 90% of people who suffer out-of-hospital cardiac arrests die, in part because they do not receive CPR more than half of the time. CPR, especially if performed immediately, can double or triple a person's chance of survival.

Call to Action: Join the Nation of Lifesavers today! Learn CPR. Save a Life.

HANDS-ONLY CPR

TWO STEPS TO SAVE A LIFE



WOMEN need CPR, too! But women receive **bystander CPR** in public settings **less often** than men do.

Why?

Many are afraid of being accused of inappropriate touching or causing physical injury.

Fears:

Myths: Many believe that women are less likely to have heart problems.

CPR Stats

- Each year, more than 350,000 cardiac arrests occur outside of the hospital in the United States – and 90% of these are fatal.
- More than 23,000 children experience cardiac arrest each year in the U.S.
- About 70% of cardiac arrests that happen outside of a hospital happen at home with someone you love.
- CPR, especially if performed immediately, could double or triple a person's chance of survival.
- Only about 46% of people who suffer from cardiac arrest receive CPR from a bystander.
- Women are less likely to receive CPR from a bystander. Barriers include fear of legal ramifications and accusations of inappropriate touching.
- A 2017 study found that only 39% of women in cardiac arrest received CPR from strangers in public, compared with 45% of men, and men's odds of surviving were 23% higher than women.

To learn more about Nation of Lifesavers and CPR, SCAN HERE

