

DID YOU KNOW???

- ✓ The average human body has enough oxygen to survive up to 12 min. with effective compression only CPR. This means NO mouth to mouth breathing.
- ✓ For a witnessed collapse, studies have shown that compression-only CPR can increase survival rates by 2.5 times that of traditional CPR.
- ✓ In a study performed at the University of Arizona, people were 4 times more likely to perform compression-only CPR rather than traditional mouth to mouth CPR.

When is traditional CPR indicated?

1. A collapsed drowning victim
2. A collapsed smoke inhalation victim
3. Usually a collapsed child
4. An individual who has received chest compressions for 12 minutes or longer.

Every day an average of 1000 people experience cardiac arrest.

9 out of 10 of these people will die.

Despite changes in CPR guidelines over the last 30 years, this number has remained unchanged.

UNTIL NOW!!

TOP REASONS WHY PEOPLE DO NOT DO CPR ON A PERSON IN NEED

- "I'm afraid I will hurt the person"
- "I don't know what I am doing"
- "I don't want to put my mouth on another person"
- "I am afraid I could get sued"

DO ANY OF THESE SOUND LIKE YOU?
IF SO, THINK ABOUT THIS



- Without immediate intervention the person will die. You have nothing to lose!
- It is as easy as placing two hands over the chest with interlocking fingers, locking your elbows and falling at a rate of 100 beats per minute.
- With compression-only CPR, you never use your mouth.
- You are protected by the Good Samaritan laws.

COMPRESSION-ONLY CPR



A SIMPLE 4 STEP WAY TO HELP
SAVE A LIFE WHEN YOU WITNESS
SOMEONE COLLAPSE

1. Lay the victim on their back, shake them and yell at them to see if they arouse.
2. If they do not arouse immediately call 9-1-1.
3. If available retrieve an AED (automatic external defibrillator) and follow the directions.
4. Do chest compression only CPR. (Mouth to mouth is usually not necessary in a witnessed collapse.)

LEARN WHO IS APPROPRIATE FOR
COMPRESSION-ONLY CPR

COMPRESSION-ONLY CPR

For video examples of compression-only CPR & AED use, visit: www.heart.arizona.edu, click on Learn CPR

INSTRUCTIONS FOR COMPRESSION-ONLY CPR.

Check for responsiveness

If you witness the collapse of an individual, lay the person on their back and check for responsiveness by shouting at the patient. You may also rub your knuckles on the breast bone.

Be sure to call 9-1-1 (Picture 1) \

If unresponsive, call 9-1-1 or if someone else is available have them make the call.

Retrieve an AED (automatic external defibrillator) (Picture 2)

If unresponsive and there is an AED immediately available follow the instructions provided by the AED. If two people are available, one individual may begin chest compressions and the other individual can retrieve the AED. If no AED is immediately available begin chest compressions.

Begin chest compression only CPR (Picture 3)

Begin chest compressions by following the next 3 steps.

1. Placing both hands in the center of the chest, interlock your fingers and lock your elbows. Position your shoulders directly over the center of the chest as demonstrated in Picture 3.
2. Begin pressing hard and fast using your body weight to fall at a rate of 100 compressions per minute which can be remembered by compressing to the beat of the disco song "Staying Alive." Each chest compression should make the chest compress at least 2 inches. Remember to use your body weight, fully extended arms and to allow the hands to come off of chest before the next chest compression. If there is another person present, it is appropriate to rapidly switch between individuals performing the chest compressions every 100 to 200 chest compressions.
3. Continue chest compressions until either the person wakes up or emergency services arrive and take over chest compressions. (Picture 4). Note: Gaspings is common in cardiac arrest. They may even move or open their eyes. DO NOT STOP! This is a sign of effective chest compressions.



Call 9-1-1

PICTURE 1



Retrieve AED
(If available)

PICTURE 2



Start Compressions and
continue until help arrives.

PICTURE 3



Emergency services
will take over from
there.

PICTURE 4

Chest compression-only CPR is the preferred method of CPR anytime there is a "witnessed" (either seen or heard) collapse in a person who is unresponsive and was breathing normally before collapsing. Most children collapse due to breathing problems, not cardiac arrest.