

## FAQ: Hands-Only CPR



### HANDS-ONLY CPR

#### **Q: What is Hands-Only CPR?**

Hands-Only CPR is CPR without rescue breaths. If you see a teen or adult collapse, you can perform Hands-Only CPR with just two easy steps:

- 1) Call 911 and
- 2) Push hard and fast in the center of the chest to the beat of the Bee Gees' classic disco song "Stayin' Alive." The song is 100 beats per minute – the minimum rate you should push on the chest during Hands-Only CPR.

#### **Q: Why would you use Hands-Only CPR?**

With 70 percent of all out-of-hospital cardiac arrests happening at home, if you're called on to perform Hands-Only CPR, you'll likely be trying to save the life of someone you know and love. Hands-Only CPR carried out by a bystander has been shown to be as effective as CPR with breaths in the first few minutes during an out-of-hospital sudden cardiac arrest for an adult victim (please read the Hands-Only CPR vs. CPR with Breaths section below to learn more.)

#### **Q: Does learning Hands-Only CPR increase the chance of a bystander taking action in a cardiac emergency?**

Yes. Most Americans (70 percent) feel helpless to act during a cardiac emergency because they don't know how to administer CPR or they're afraid of hurting the victim. According to the American Heart Association, people are more likely to remember the correct pace when trained to the beat of the disco classic "Stayin' Alive" or another familiar song with 100 to 120 beats per minute – the rate you should push on the chest during CPR.

### HANDS-ONLY CPR CAMPAIGN

#### **Q: What is the Hands-Only CPR Campaign?**

The American Heart Association's CPR and First Aid business launched a campaign in 2012 to raise awareness of Hands-Only CPR as a lifesaving method and to increase the likelihood of people to perform CPR in an emergency. For the past four years, the American Heart Association, with financial support from the Anthem Foundation, has been working to educate millions of Americans about Hands-Only CPR.

#### **Q: How can people learn Hands-Only CPR?**

Visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) (or [heart.org/rcp](http://heart.org/rcp) for Spanish resources) and watch a one-minute training video, which provides an easy-to-learn way of performing Hands-Only CPR to the beat of the Bee Gees' classic disco song, "Stayin' Alive." Or, airport travelers in five hubs across the country can have the opportunity to learn and practice at a special Hands-Only CPR kiosk. The kiosk demo takes less than five minutes, including one practice session.

#### **Q: Who can learn Hands-Only CPR?**

Anyone can learn Hands-Only CPR and save a life. Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse, (1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

You can view these materials at [heart.org/handsonlycpr](http://heart.org/handsonlycpr) or [heart.org/rcp](http://heart.org/rcp) (Spanish resources).

## HANDS-ONLY CPR KIOSKS

### **Q: Why are the AHA and Anthem launching Hands-Only CPR kiosks around the U.S.?**

Cardiac arrest is a leading cause of death and installing Hands-Only CPR learning kiosks in public areas is a new way to bring learning directly to a captive audience, precisely where it could be needed. Every year, more than 350,000 cardiac arrests occur outside the hospital and more than 20 percent occur in public places such as airports, casinos and sporting facilities. Survival depends on immediately receiving CPR from someone nearby.

In order to help save more lives from cardiac arrest, the American Heart Association and the Anthem Foundation operate five, Hands-Only CPR training kiosks in high-traffic places, such as airports, raising awareness about this lifesaving skill. The kiosks are available at Chicago O'Hare International (ORD), Indianapolis International (IND), Hartsfield-Jackson Atlanta International (ATL) and Baltimore-Washington International Thurgood Marshall (BWI) airports. A kiosk also resides at the Global Center for Health Innovation in Cleveland, Ohio.

A pilot kiosk is located at Dallas-Ft. Worth International (DFW).

Each Hands-Only CPR training kiosk features a touch screen with a video program that gives a brief "how-to" followed by a practice session and a 30-second CPR test. With the help of a practice manikin (a rubber torso), the kiosk provides feedback about the depth and rate of compressions and proper hand placement – factors that influence the effectiveness of CPR.

### **Q. Do these kiosks actually work?**

The first life-saving pilot kiosk was installed in 2013 at the Dallas/Ft. Worth International Airport (DFW) by the AHA and American Airlines Occupation Health Services. In April 2014, just two days after learning Hands-Only CPR from the DFW training kiosk, 21-year old University of Dayton student Matt Lickenbrock successfully performed it last on a fellow student. Matt, passing time during a three-hour layover for his Spring Break trip, saw the kiosk and decided to use his time to learn something new. He completed the program three times over 15 minutes and kept practicing until he earned a perfect score. That training prepared him to save a life.

Since 2013, more than 25,000 people have learned how to conduct Hands-Only CPR at the DFW Airport, with almost 80 percent of them initiating the test session. Nearly half of those who started the test completed their CPR education session.

### **Q: Can music help people learn Hands-Only CPR?**

Music is a great learning tool in any situation, especially when training for an emergency. During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. The beat of "Stayin' Alive" is a perfect match for this, and research shows that people are more likely to remember the correct pace when trained to the beat of a familiar song.

## HOW AND WHEN TO PROVIDE HANDS-ONLY CPR

### **Q: Do I need to take a training course to learn how to do Hands-Only CPR?**

No. You can visit [heart.org/handsonlycpr](http://heart.org/handsonlycpr) (or [heart.org/rcp](http://heart.org/rcp) for Spanish resources) and watch a one-minute demo video, which provides an easy-to-learn way of performing Hands-Only CPR to the beat of the classic disco song, "Stayin' Alive."

However, the American Heart Association recommends that you take a CPR course to practice and learn the full skills of CPR, including rescue breaths and high-quality chest compressions. The American Heart Association also recommends CPR with compressions and breaths for infants; children; victims of drowning or drug overdose; or people who collapse due to breathing problems. People who have had CPR training are more

likely to give high-quality chest compressions and are more confident about their skills than those who have not been trained (or have not trained in the last 5 years).

**Q: Not all people who suddenly collapse are in cardiac arrest. Will CPR seriously hurt them?**

Adults who suddenly collapse and are not responsive are likely experiencing sudden cardiac arrest. Their chance of survival is nearly zero unless someone takes action immediately. According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. Hands-Only CPR is an easy, effective way for any bystander, especially if they act immediately, to double or triple a cardiac arrest victim's chance of survival. You should call 9-1-1 and start pushing hard and fast in the center of the chest with minimal interruptions. If an adult has collapsed for reasons other than cardiac arrest, Hands-Only CPR could still help by causing the person to respond (begin to move, breathe normally or speak). If that occurs, Hands-Only CPR can be stopped. Otherwise, chest compressions should continue until EMS providers arrive.

**Q: Is there a danger in jumping in and giving CPR without being trained?**

In the majority of cases, any attempt to provide CPR to a victim is better than no attempt to provide help.

**HANDS-ONLY CPR vs. CPR WITH BREATHS**

**Q: What is the difference between Hands-Only CPR and CPR with breaths? Which one am I supposed to do in an emergency?**

Hands-Only CPR performed by a bystander has been shown to be as effective as CPR with breaths in the first few minutes of an out-of-hospital sudden cardiac arrest for an adult victim.

If you do not know how to administer CPR with breaths, don't be afraid to act in an emergency; your actions can only help. Any attempt at CPR is better than no attempt. If you see an unconscious, unresponsive adult, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." This song, and other songs with a rhythm of 100 to 120 beats per minute, mimic the rate you should push on the chest during CPR.

The AHA still recommends CPR with compressions and breaths for infants, children, victims of drowning or drug overdose, or people who collapse due to breathing problems.

**Q: Do I need to take a training course to learn how to do Hands-Only CPR?**

CPR is a psychomotor skill. The AHA continues to recommend that you take a CPR course to practice and learn the skills of CPR, including giving high-quality chest compressions. People who have had CPR training are more likely to give high-quality chest compressions and are more confident about their skills than those who have not been trained (or have not trained in the last 5 years). Even a very short CPR training program that you can do at home, like the AHA's 22-minute [CPR Anytime™ program](#), provides skills training and practice that can prepare you to perform high quality chest compressions.

**DONATIONS AND SPONSORS**

**Q: What is the Anthem Foundation's role in the AHA Hands-Only CPR campaign?**

The American Heart Association's Hand-Only CPR campaign is nationally supported by an educational grant from the Anthem Foundation. For the past four years, the American Heart Association and Anthem Foundation have been working to educate millions of Americans about Hands-Only CPR.

**Q: Where does my money go when I donate to the American Heart Association?**

All donations made to the American Heart Association support lifesaving efforts such as research, education, advocating for better health, improving patient care and reaching populations at risk.