



Hands-only CPR *saves lives*

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Experts say chances of survival double and sometimes triple if hands-only CPR is started within the first moments of an adult collapsing.

Although the terms cardiac arrest and heart attack are often used to mean the same thing by the general public—they are not the same. Cardiac arrest is an electrical malfunction in the heart that causes an irregular heartbeat and disrupts the flow of blood to the brain, lungs and other organs. During cardiac arrest, the heart starts beating erratically, often quickly with very little effect.

A heart attack occurs when a part of the heart muscle doesn't receive the oxygen it needs to function and begins to die. Heart attacks often come with symptoms, such as a shortness of breath or chest pain.

If you see someone collapse, follow these steps to perform hands-only CPR:

1. Alert 9-1-1 or have someone make the call
2. Quickly position the unresponsive victim on their back.
 - Begin CPR by placing the heel of your hands one on top of the other between the nipples of the victim's chest.

- With locked elbows and shoulders over the chest, fall forward pressing down 2 inches.
 - Deliver about 100-120 compressions per minute. That's about the tempo of the Bee Gee's song "Stayin' Alive" or "Crazy in Love" by Beyoncé.
 - Lift hands slightly after each compression to allow the chest to recoil.
 - Take turns with another bystander until help arrives, but keep CPR interruptions to a minimum. Don't stop until the compressions can be taken over by paramedics or another bystander.
3. Use an automated external defibrillator (AED) if available.

If your organization is interested in taking CPR courses, contact the King's Daughters CPR Training Center at (606) 408-9297 or go to KingsDaughtersHealth.com/Community-Events for a list of upcoming courses.

