

Hands-Only CPR

Quick Facts

- Cardiac arrest occurs when the heart stops beating.
- Every hour, 38 Americans suffer a cardiac arrest. Fewer than 1 in 10 will survive.
- Bystander CPR saves lives. For every minute delay in starting CPR, the chances of survival decrease by 10 percent!
- Even people without official CPR training can perform hands-only CPR. The steps are simple: 1) call 911, and 2) push hard and fast in the center of the chest.
- Push to the beat of “Staying Alive,” 100 times per minute, at least 2 inches deep.

Know the Warning Signs of Cardiac Arrest

- Chest Discomfort – uncomfortable pressure, squeezing, fullness or pain
- Discomfort in the upper body: one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Nausea
- Light-headedness

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Two Steps to Staying Alive



Call 9-1-1



Push hard and fast in the center of the chest
to the beat of "Stayin' Alive" by the Bee Gees

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