



Cardiac arrest remains a major concern for all people

Unfortunately, most cardiac arrests, approximately **350,000**, reports CPR.Heart.Org, occur in environments away from health facilities.

Without immediate intervention like hands only CPR and defibrillation, mortality risk increases.

[Available here](#)

CPR certification online.



The Shocking Prevalence of Cardiac Arrest and Bystander CPR

Out-of-hospital cardiac arrest rates in 2014 were among the highest in recent history, sitting at

424,000.

Bystander CPR rate for 2016 out-of-hospital cardiac arrests was

46.1%.

Yet, many people forgo springing into action for fear of failure to perform CPR properly.



Does Hands Only Care Really Work

As explained by the CDC.Gov, **more than 50%**

of those that suffer an out-of-hospital arrest suffer injury to the brain and permanent injuries that decrease life span.



Does Hands Only CPR Require a Certain Compression Rate

Yes, but the Bee Gees song, 'Stayin' Alive' can help. It's set to a rhythm of

100

beats per minutes.



Can I Perform Hands Only CPR on Infants and Small Children

Yes, perform hands only care on the child. However, infant hands only care uses the index finger and the middle finger to perform compressions. Hands only CPR is a universal way to ensure circulation for those entering cardiac arrest outside of the hospital.

Hands only CPR is the physical action of performing CPR with only chest compressions.

WHY HANDS ONLY SAVES LIVES

CPR



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Can I Practice Hands Only CPR or Attend a Class

You can practice hands only CPR at home by making a DIY CPR manikin. A previous blog

[published here](#)

provides detailed instructions on how to make a CPR manikin with a t-shirt, a 2-liter plastic bottle and newspaper.

Opening the airway and delivering rescue breaths takes time, and if you have any doubt, it is best to simply perform hands only care.

Remember if someone is choking and loses consciousness, First Aid dictates that the person receive chest compressions to dislodge the blockage from the airway.

WHAT ELSE DO I NEED TO KNOW

Hands only CPR is not a substitute for continued care under a health care professional.

Contact emergency medical services (EMS) immediately when a person suffers cardiac arrest or other collapses.

If alone, scream and yell for help to get attention while performing compressions.

Remember to check the scene for safety.

Allow trained bystanders to take over and a render aid in CPR if available.

Spread awareness for the value of hands only CPR for those without CPR training, and for anyone with a higher risk of encountering people in cardiac arrest, encourage enrollment in an accredited program, such as the online program.



LISTED HERE

