

# Cardiopulmonary Resuscitation (CPR)

Immediate bystander CPR can double or triple a cardiac arrest victim's chances of survival. The highest survival rates are usually achieved by response programs that include effective training and regular practice.

**It is highly recommended that all staff and providers receive formal training from either the American Heart Association or the American Red Cross and become certified in CPR.**

**Cardiopulmonary resuscitation (CPR)** is for people whose hearts or breathing has stopped.

About 75% of all sudden cardiac arrests happen at home.

As of March 2008, the American Heart Association recommends a simple two-step measure if you see someone collapse and think it might be a heart attack:

1. Dial 9-1-1
2. Begin hands-only CPR – start pushing on his or her chest as hard as you can and as often as you can. Allow the chest to return to normal position completely after each compression, and use about equal compression and relaxation times. Try to limit interruptions in chest compressions. Every time you stop chest compressions, blood flow stops.

The American Red Cross and American Heart Association only recommend compressions-alone CPR in two cases - when emergency medical dispatchers are giving *untrained* bystanders instructions over the telephone, or when bystanders are unwilling or unable to provide mouth-to-mouth rescue breathing. These recommendations are consistent with the American Heart Association's *Guidelines 2000 for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*.

Hands-only CPR should not be used on infants or children.

The American Heart Association has developed online courses as well as self-paced kits to help people learn more about first aid and CPR. The Family & Friends CPR Anytime is a self-directed personal CPR kit allows those who most likely would never attend a traditional CPR course to learn the core skills of CPR in about 22 minutes. Skills can be learned anywhere, from the comfort of a family home to a large community group setting. The CPR Anytime kit is under \$30. *\*This kit does not provide certification in CPR.\**

[www.onlineaha.org/index.cfm?fuseaction=info.community](http://www.onlineaha.org/index.cfm?fuseaction=info.community)

## What Should You Do?

The best thing to do when someone suffers cardiac arrest is to be prepared - and that means getting trained.

- Quickly recognize cardiac arrest or other emergencies and call 911.
- Provide CPR right away, if necessary.
- Continue to give care until EMS arrives.

The American Red Cross and American Heart Association encourage everyone to prepare himself or herself to save a life - by enrolling in a CPR training course today. To enroll in an American Red Cross training course, visit [www.redcross.org](http://www.redcross.org) to find contact information for your local Red Cross chapter; to enroll in an American Heart Association course, call 1-877-AHA-4CPR or visit [www.americanheart.org/cpr](http://www.americanheart.org/cpr).

