

Community Education

Hands-Only CPR



Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch a hands-only CPR instructional video and share it with the important people in your life. Hands-only CPR is a natural introduction to CPR, and the American Heart Association (AHA) encourages everyone to learn conventional CPR as a next step.

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

Cardiac arrest occurs when an electrical malfunction in the heart causes an irregular heartbeat and disrupts the flow of blood to the brain, lungs and other organs. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States and it's a leading cause of death. When someone experiences a cardiac arrest, their survival depends on receiving CPR immediately.

Hands-only CPR has been shown to be as effective as CPR in the first few minutes after a cardiac arrest.

It has just two easy steps:

1. Call 911 if you see someone collapse.
2. Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minutes.

This class is offered for free. For those who have groups of 10 or more, classes can be scheduled at a location of the group's choice.

Those who would like more information, or to schedule a CPR class, may contact Christian Loosemore, community health educator, at **(989) 246-6291** or christian.loosemore@mymichigan.org.

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