

Why Learn CPR?

70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or the training they had in the past, has significantly lapsed. This alarming statistic could hit close to home, because home is exactly where 88 percent of cardiac arrests occur. **Put very simply: The life you save with CPR is very likely to be someone you love! (4 out of 5 arrests occur at home).**

Who Can You Save With CPR?

Cardiac arrests are more common than you think, and they can happen to anyone at any time.

- Nearly 326,000 out-of-hospital sudden cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home. You can't count on medical personnel to be nearby when you have an emergency, because chances are greater for sudden cardiac arrest to occur at home. If your family and friends don't know CPR, life can be lost in mere minutes while waiting for help to arrive.
- Many victims appear healthy with no known heart disease or other risk factors.
- Sudden cardiac arrest is not the same as a heart attack.
 - Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating.
 - A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

Why Take Action?

- Failure to act in a cardiac emergency can lead to unnecessary deaths. **CPR buys time for the victim.** Once the heart stops beating, brain death can occur in 4 to 6 minutes. Performing CPR provides oxygen to the brain and other vital organs to give the victim the best chance of full recovery after EMS takes over. If immediate CPR is given and a defibrillator is used within the first few minutes following sudden cardiac arrest, the person's chance of survival doubles.
- Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR from a bystander.
- Sadly, less than eight percent of people who suffer cardiac arrest outside the hospital survive.
- The American Heart Association trains more than 12 million people in CPR annually, to equip Americans with the skills they need to perform bystander CPR.

Why Learn CPR?

- **CPR saves lives.** Sudden cardiac arrest occurs when an electrical rhythm problem occurs and the heart is no longer able to pump blood effectively to the rest of the body. You might see a person suddenly collapse, lose consciousness, and stop breathing. The longer the body goes without circulation, the lower the chance of survival. By performing CPR, you are able to help the person's blood keep circulating until emergency personnel arrives and more advanced equipment and treatment can be used. **The chance of surviving a sudden cardiac arrest increases significantly, by more than double, when CPR is started early.**
- **CPR is not performed enough.** Why don't more people perform CPR? Many admit to the fact that they have not been trained as a reason for not performing CPR. Other concerns, such as doing harm to the person, doing harm to oneself, legal risks, or concerns about infection, are also reasons some people admit to not learning CPR techniques.
- **You don't have to do mouth-to-mouth resuscitation.** Another reason people do not perform CPR is because of concerns performing mouth-to-mouth resuscitation. In 2010 the guidelines for performing CPR were changed, and they now say that those who do not feel comfortable, should attempt hands-only CPR. Hands-only CPR has been shown to be just as effective for many adults who experience sudden cardiac arrest.
- **Hands-only CPR is easy to learn.** To perform hands-only CPR, place the heel of your hand on the center of the victim's chest. Take your other hand and place it on top of the first, interlacing your fingers. Press down on the chest about two inches and release. You want to repeat this quickly, at least 100 to 120 times a minute. And don't stop doing CPR until emergency personnel arrives at the scene.

If you don't know CPR, learn CPR and gain the confidence in knowing that if you are ever needed, you too can save a life!

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The three most common excuses:



Not Enough Time



Not Enough Money



No Access to Classes

No time?

Citizen CPR can schedule a custom class to match your timeframe, in as little as a two-hour window.

No money?

Citizen CPR classes are affordable when compared to other CPR training courses. We encourage you to shop around. We also offer FREE (non-certified) options throughout the year, including free classes every Saturday in June.

No access?

Citizen CPR classes can come to your group's meeting place if you schedule a custom class with a minimum of six people. If you don't have a set meeting place, we can come to your church, office or a library meeting room.