



# SideWalk CPR Instructor Guide

## Why Learn Hands-Only CPR

- 70% of all cardiac arrests occur at home – you are most likely to help save a family member or someone you know.
- Sudden cardiac arrest is an electrical problem with the heart where it stops beating and pumping blood. Without blood flow the brain stops working, the person collapses and is unconscious.
- Hands-only CPR is a temporary measure that can keep the heart and brain alive until EMS arrives and use other treatments that include an AED (automatic external defibrillator) or cardiac defibrillator to restart the heart.
- Many AEDs are placed in the community (gyms, office buildings, shopping malls, etc...) and are very safe and easy to use. AEDs check the person's heart rhythm and recognize when to deliver a shock that is needed to restore the heart back to a normal rhythm.
- Mouth-to-mouth breathing is NOT necessary, there is enough oxygen in the blood when a person suffers a sudden cardiac arrest.

## How to Perform CPR

1. **Check** for responsiveness:
  - Shake the person and shout, "Are you ok?"
  - If no response, move to step 2.
2. **Call 9-1-1** or tell someone to do so:
  - If the person is unresponsive and breathing slowly or not at all.
3. **Compressions:**
  - Position the person on the floor (on a hard surface), face up.
  - Kneel right next to the person, so that your knees touch the person's arm.
  - Place the heel of one hand on the center of the chest (between the nipples) and the other hand on top of the first.
  - Lock your elbows, put your shoulders over the center of the chest and push **HARD** straight downward – **at least two (2) inches**, 100 – 120 compressions a minute.
4. **Continue** until EMS arrives:
  - Don't stop if the person gasps (gaspings is not a sign of recovery).
  - When tired, switch off with another person.
5. **That's it!**
  - See FAQ Sheet for additional information.
  - Trainees should get a wallet card and instruction sheet.