

You Can Save A Life! Learn CPR



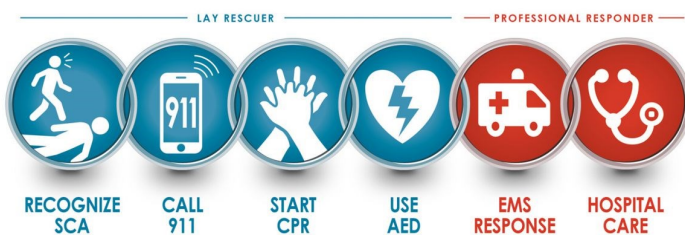
Did you know that sudden cardiac arrest is one of the leading causes of death in the United States? Unfortunately, most people who suffer sudden cardiac arrest (SCA) outside of a hospital do not receive cardiopulmonary resuscitation (CPR) from a bystander, which significantly lessens their chances of survival. CPR is easy to learn, and is taught to tens of thousands of people each year. Here are great reasons to learn CPR:



CPR saves lives. More than 350,000 people suffer sudden cardiac arrest in the United States every year. Sudden cardiac arrest happens 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 keep the person's blood circulating until help arrives and more advanced tools and medicine can be used. The chance of surviving SCA significantly increases (by more than double!) when CPR is started early.

Most cardiac arrests occur in the home. More than 70% of cardiac arrests take place at home. Many lives have been saved because of CPR performed by a husband, wife, child, other relative, or friend. If you don't know CPR, learn CPR and gain the confidence in knowing that you can save a life!

You don't have to do mouth-to-mouth. Since its development in 1960, CPR has saved countless lives, yet the technique continues to change based on research. Most people who experience sudden cardiac arrest at home, work, or in a public location die because they do not receive immediate CPR from someone on the scene. Research has shown that when sudden cardiac arrest occurs, uncirculated oxygen remains in the bloodstream. Doing chest compressions, without rescue breaths, can circulate that oxygen and be as effective as traditional compression/rescue breath CPR for the first few minutes.



The **“Chain of Survival”** refers to the chain of events that must occur in rapid succession to maximize the chances of survival from sudden cardiac arrest. It suggests that each link is critical and interdependent, and the Chain of Survival is only as strong as its weakest link. Bystanders can help save lives by addressing the first four links in the Chain of Survival.

“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 with your shoulders directly over hands and elbows locked. Take your other hand and place it on top of the first, interlacing your fingers. Push hard and fast (at least 2 inches; 110 to 120 compressions per minute.) Allow chest to return to its neutral position after each compression.



Interested in learning CPR? Visit bifd.org to learn more or register for a class.