# Family & Friends CPR Anytime Kit

The Quad Cities HEARTSafe Coalition provides a free Family & Friends CPR Anytime Kit with every Hands-Only CPR training. The kit includes:

- Latest Science
- Mini Anne® CPR Learning Manikin
- CPR Skills Practice DVD
- Adult CPR & AED Reminder Card
- Mini Anne® Spare Lung
- Manikin Wipes (2)
- Directions for Use
- Bilingual DVD (English Spanish)



# **Quick Facts**

 Immediate bystander CPR can double or even triple a victim's chance of survival

(American Heart Association, 2018)

- Nationally, 70% of out-of-hospital cardiac arrests happen in homes (American Heart Association, 2018)
- 51% of cardiac patients received bystander CPR in Scott County, IA (MEDIC EMS, 2017)





### **Schedule a free Hands-Only CPR training!**

Website: qcheartsafe.org

Facebook: facebook.com/qcheartsafe

Email: HandsOnlyCPR@genesishealth.com

To empower and increase bystander Hands-Only CPR through education and awareness.

qcheartsafe.org

## Who We Are



### **Stakeholders**

- American Heart Association
- American Red Cross
- Bettendorf Police Department
- Eastern Iowa Community College
- Genesis Health System
- MEDIC EMS
- Rock Island County Health Department
- Scott County Health Department
- Scott County Secondary Roads



# Why Hands-Only CPR?

Cardiac arrest happens when the entire heart stops beating, and can happen anywhere, to anyone, at any time. The chances of surviving from cardiac arrest decreases for every one-minute CPR is not performed.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who have seen a teen or adult suddenly collapse in an "out-of-hospital" setting; such as at home, work, or in a park.

### Hands-Only CPR consists of two easy steps:

- 1. Call 911
- **2.** Push hard and fast. During CPR, you should push at the center of the chest at a rate of 100 to 120 compressions per minute.

# 2 STEPS TO SAVE A LIFE

NOTE: The American Heart Association 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.