

# Getting to the Heart of the Matter: Hands Only CPR and AED Use



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CCF

*Connecticut Cardiology Foundation*



**Connecticut  
Chapter**

A red ECG (heart rate) line graphic that starts on the left, rises to a peak, falls to a trough, and then rises again. The line is thick and stylized.

HANDS  
ONLY  
CPR

Keep The  
BEAT

# Cardiopulmonary Resuscitation:

- ✓ Less than one third of out of hospital cardiac arrest receive CPR by a bystander
- ✓ Only 12-20% of people feel they are confident to know when to perform CPR
- ✓ CPR doesn't have to be perfect to be life-saving!



## So How Do I Perform CPR?

- First, get the help you need by calling 911
- Next, make sure the scene is safe for you to deliver aid
- Now determine if the victim is unresponsive
- Start CPR!



If you have an  
emergency, always

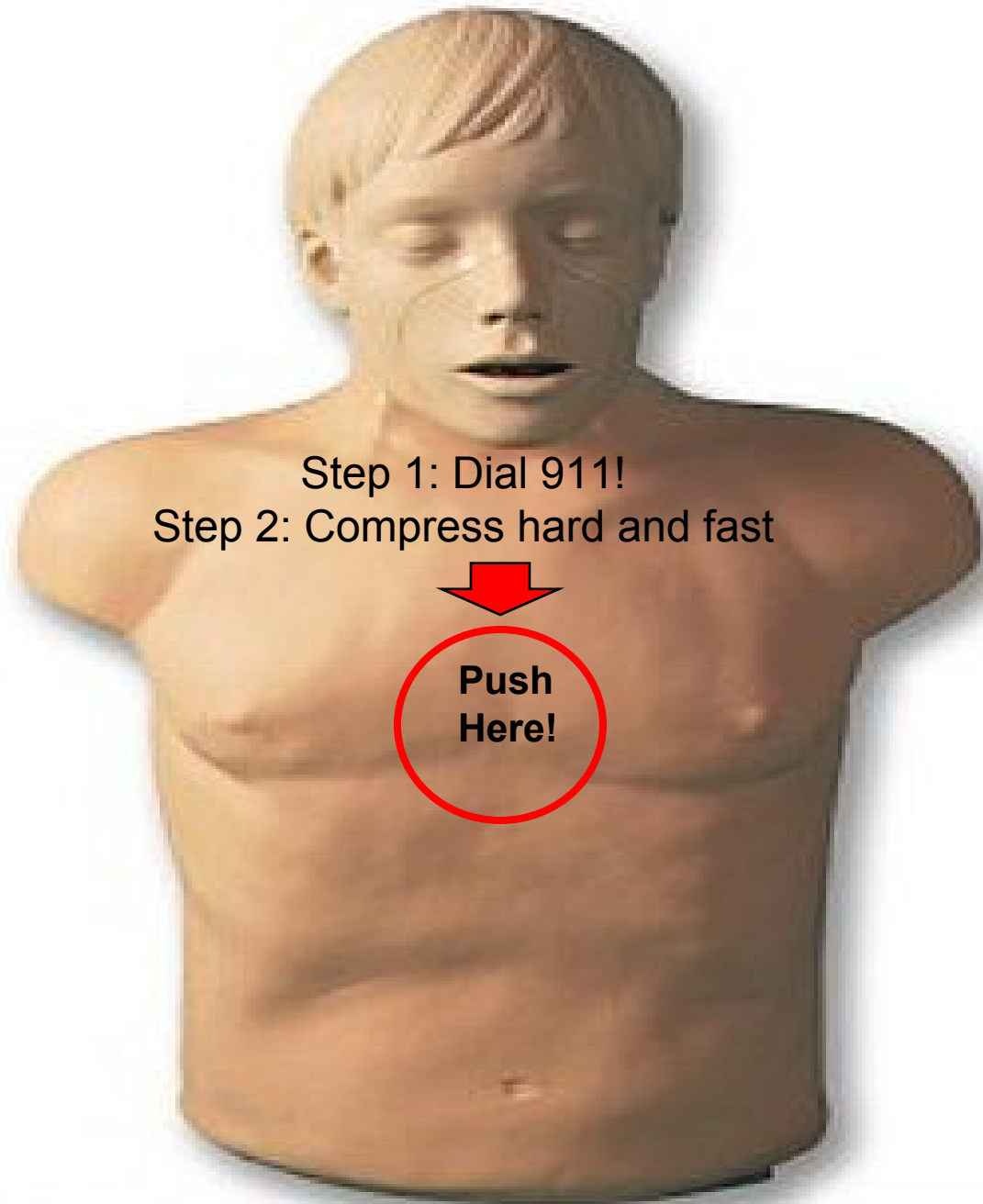
**CALL**

**9-1-1**

## So How Do I Perform CPR?

- Expose the victims chest
- Place the palm of your hand in between the nipple line
- Put your other hand on top
- Compress at at least 100 beats per minute





Step 1: Dial 911!

Step 2: Compress hard and fast



**Push  
Here!**

# How Do I Know How Fast is 100 Beats/Min?



*Ensure the scene is safe!*

*Dial 911*



Step 1: Dial 911!  
Step 2: Compress hard and fast



**Push  
Here!**

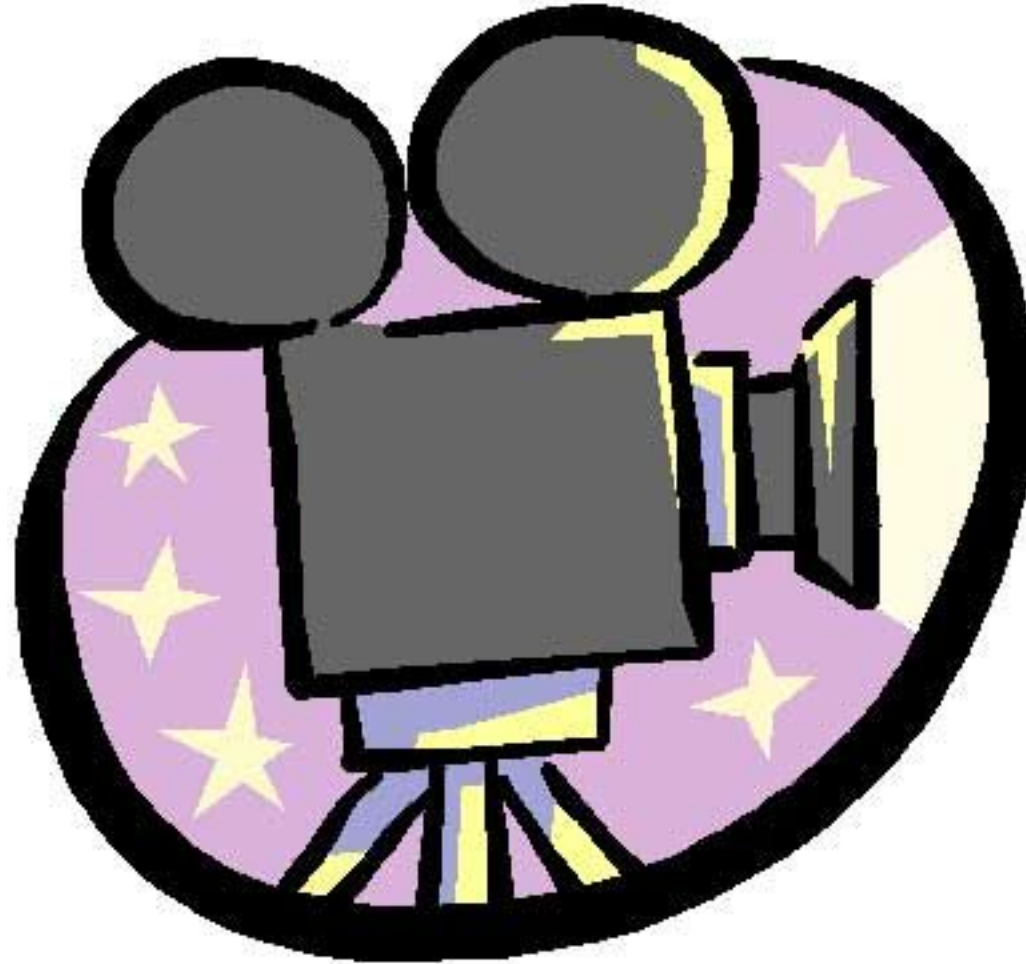
Step 3: Sing Staying Alive!  
Step 4: Apply and activate  
AED

*Place hands mid  
nipple line*

*Press hard and fast!*



<https://www.youtube.com/watch?v=McFdNHL1bUg>



A special thank you to Scott Bindelglass a high school student who learned CPR and AED use in his school and wanted to share his knowledge with others.