



Presentation Outline

Well in advance of your presentation, spend some time going through the easycpr.org website so that you know about Hands Only CPR and our project. We want to save lives and we need your help teaching people, so you need to feel comfortable with the technique. In addition, you are representing **many** important local organizations and it is important that you are prepared and professional.

Arrive at least fifteen minutes early to your presentation. Introduce yourself to the person in charge and ask how much time they'd like to spend (many businesses will have a limited amount of time), think about how to keep within that timeframe. They will know that your presentation will take an absolute minimum of 10-15 minutes. Familiarize yourself with the room and the computer/projector/internet resources available. Ideally, you can use the easycpr.org website for much of your presentation. Finally, you'll likely need a table to demonstrate compressions on.

1. Introduction

- a. Introduce yourself – name, training (if any), tell them you're volunteering your time
- b. Introduce easycpr.org – Lincoln Fire & Rescue's Hands Only CPR education project. Hands Only CPR does not include mouth-to-mouth and is **at least** as effective as traditional CPR.
 - i. ***Stat: Last year in Lincoln (2011), LFR attempted to resuscitate 169 cardiac arrest victims. Of those, only 21 survived – that's only 12%. CPR can double or even triple a person's chances for survival.***
 - ii. Our goal is to increase the number of bystanders who attempt CPR when they witness a cardiac arrest. ***Stat: Nationally, only 40-45% of bystanders give CPR when they witness cardiac arrest.***
 - iii. Led by Lincoln Fire & Rescue, includes broad coalition of Lincoln organizations and businesses (website "sponsors" tab)
- c. Introduce the presentation
 - i. 1-minute video (if computer/projector available)
 - ii. Detailed hands-on demonstration
 - iii. Questions
 - iv. Optional Practice

2. 1-minute instructional video



- a. If computer/projector/sound available show video from easycpr.org website
- b. If no equipment available, move to detailed hands on demonstration

3. Detailed Hands-On Demonstration

- a. Repeat the message: “If you see a teen or adult suddenly collapse and they are unresponsive, call 911, then push hard and fast in the center of their chest until help arrives.”
- b. Dissect the message
 - i. **Why do you have to see it happen?** – Two reasons:
 - 1. Scene safety: witnessing the collapse means that you are aware of any potential dangers that could have caused it. You don’t want to become a victim yourself!
 - 2. There are very few things that would cause a teen or adult to suddenly collapse other than cardiac arrest.
 - ii. **Why only teens or adults?** – When a child’s heart stops it is usually due to underlying respiratory arrest, so addressing it typically involves traditional CPR that includes mouth-to-mouth or other ventilation.
 - iii. **How do I know if they’re unresponsive?**
 - 1. Shake and Shout: put the victim on their back while being careful with their head. Grasp their shoulders and tap or shake them firmly (not violently!) while shouting “Are you OK?!” An unresponsive person will not respond to this in **any** way: they won’t move, squeeze your hand, talk, squint, etc.
 - 2. Victims of cardiac arrest might not be breathing, or they may appear to be breathing in gasps, grunts or snoring sounds – this is NOT normal breathing so don’t be fooled!
 - iv. **Call 911** – It is extremely important to get emergency personnel on their way because they have additional tools that may help save this person’s life, and ultimately this person needs to be in a hospital ASAP. Call 911 yourself, or tell someone else to call. Dispatchers will:
 - 1. Send professional rescuers and an ambulance
 - 2. Talk you through the appropriate CPR

- v. **Push hard and fast in the center of their chest** – Place the heel of one palm in the center of their chest (directly over their sternum), then place your other hand on top of the first.

1. **How hard do I push?** – Push hard enough to compress the chest at least 2 inches, which is about the length of the short side of a credit card or your driver’s license.
2. **How fast do I push?** – Push at a rate of at least 100 beats per minute. This is roughly the beat of the disco song “Stayin’ Alive,” so sing this in your head and you’ll keep pace!

- vi. **When will help arrive?**

1. Within the city limits, 90% of the time LFR has an ambulance on scene with 8 minutes, and there will usually be firefighters there before the ambulance, but you may need help from others while you wait. If other people are around, take turns every minute or two giving compressions.
2. “Help” may also mean an Automated External Defibrillator (AED), which you absolutely should use if you have access to one. AEDs talk you through the entire process, they are safe, very easy to use and in Nebraska you are specifically protected from being sued if you use an AED. CPR will buy the person time, but it will not bring them back – and AED might, so use it if you have it!
3. In general, you should continue compressions until someone with more training arrives.

- c. Repeat the message: “If you see a teen or adult suddenly collapse and they are unresponsive, call 911, then push hard and fast in the center of their chest until help arrives.”

4. Website Tour

- a. Point out the “Resources” tab and all the other videos, websites, research, etc that are available for them to learn. If you have time, show another video. The British Heart Foundation spot with Vinnie Jones and the Interactive CPR/AED demo are very good, but make sure you watch them before showing them to a group!

5. Questions

- a. Hands Only, or compression only, CPR is new to most people and they’re a bit shocked that it is so easy and no mouth-to-mouth is necessary. Based on this, it’s likely they’ll have questions.

- b. If you have access to internet, go to Frequently Asked Questions (FAQ) tab on the website and go through some of the more common questions – this may spark additional questions.
- c. **If you don't know the answer – that's OK!** If you're stumped, don't make up an answer, just direct them to our website, ask them to contact us with that question, and tell them you'll get back to them. The email and phone number on the website go to me, so tell them to contact me and I'll find the answer.

6. Compressions Practice

- a. If there is interest and time allows, encourage people to practice compressions on the manikin you brought.
- b. They will be looking for feedback from you, so get their hands in the right place and encourage them to get the appropriate pace and depth. Appropriate hand placement is key to getting the inflatable manikins to “click.”
- c. Let them know that in a cardiac emergency – **any** compressions are better than no compressions!

7. Random Stats That You May Find Useful

- a. When a teen or adult suddenly collapses from cardiac arrest, they have enough oxygen in their blood to sustain their heart and brain for 10 – 15 minutes.
- b. The average CPR rescuer takes 16 seconds to deliver two breaths when giving mouth-to-mouth.
- c. Most cardiac arrests happen at home, and most are witnessed. So if you ever need to perform CPR, chances are it will be at home, and it will be on someone you know.
- d. Hands Only CPR is not “budget” CPR. In fact, professional rescuers (EMTs, Paramedics) in some parts of the country are using this method instead of traditional CPR during cardiac arrest. Many of them have seen their save rates double and triple!