

New hands-only CPR training video

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In only one minute, you can learn how to save a life. Trust us, it's worth your time, because 70 percent of all out-of-hospital cardiac arrests happen at home, so the life you save is likely to be someone you know and love. The American Heart Association says Hands-Only CPR can double or triple a victim's chance of survival and is as effective as CPR with breaths.

With funding from the Anthem Foundation, the American Heart Association is debuting a new [Hands-Only CPR music-based training video](#), designed to showcase the simplicity and lifesaving benefits of Hands-Only CPR. The video features the unique sounds of the wildly-talented a capella group, Street Corner Symphony, and is available today at www.heart.org/handsonlycpr.

Viewers will learn the two simple steps to Hands-Only CPR: 1) If you see a teen or adult suddenly collapse, call 9-1-1; and 2) Push hard and fast in the center of the chest to the rate of at least 100 beats per minute, the beat of the classic Bee Gees' hit "Stayin' Alive." The video features stars Street Corner Symphony harmonizing to this iconic song and challenges everyone to #KeepTheBeat. Watch it. Share it. Be prepared to act in an emergency.

"Music has been a fundamental tool with which AHA educates people on the rhythm needed to save a life with Hands-Only CPR, at least 100 beats per minute," said Alson Inaba, MD, longtime AHA volunteer, and the doctor who came up with the concept of using "Stayin' Alive" to teach and remember the proper rate of chest compressions. "With the

rising popularity of a capella music, we're thrilled that Street Corner Symphony has helped us create a dynamic and memorable video that will help more people confidently take action in an emergency."

The timing of AHA's new video launch coincides with EMS Awareness Week (May 17 - 23) in honor of the men and women who are dedicated to saving lives with CPR every day. EMS professionals are on healthcare's front lines, and play a huge role in teaching Hands-Only CPR in their communities so more bystanders are prepared to act.

"Cardiac arrest remains a leading cause of death in the United States, and survival depends on immediately receiving CPR from someone nearby," said Robert W. Neumar, M.D., Ph.D., professor and chair of the University of Michigan Medical School's Department of Emergency Medicine. "With every minute that goes by without intervention, survival rates drop as much as 10 percent. That's a staggering statistic AHA is looking to change by arming everyone with the lifesaving skill of CPR," said Neumar, who also serves as Chair of the American Heart Association's Emergency Cardiovascular Care Committee.

"Every year, more than 300,000 cardiac arrests occur outside of the hospital, and failure to act in a cardiac emergency can lead to unnecessary death, said Sam Nussbaum, MD, chief medical officer for Anthem, Inc. "Effective bystander CPR provided immediately after [sudden cardiac arrest](#) can double or even triple chances of survival. That's why for the past three years, we've been working closely with the American Heart Association to help educate people about Hands-Only- CPR. To date, we've helped to educate and train more than three million people in this lifesaving skill with the goal of preparing people to act in an emergency to save the lives of strangers, or those they love most."

More information: To learn more about the Hands-Only CPR

campaign and learn how to save a life visit www.heart.org/handsonlycpr or [facebook.com/AHACPR](https://www.facebook.com/AHACPR).

Provided by American Heart Association

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