



## Emergency Response: **Hands-Only™** CPR

**Lesson Description:** Students will go online to the website, [www.bethebeat.heart.org](http://www.bethebeat.heart.org) and watch the video *Hands-Only CPR*. Students will answer questions about the video on a student handout. Students will then create a "Skill Card" to teach others about Hands-Only CPR to be posted in classrooms throughout their school.

**Curriculum Connections:** Science, Health, Language Arts, Art

### Health National Standards:

Students will

- Learn concepts related to health promotion and disease prevention to enhance health
- Show how they can access valid information and products and services to enhance health
- Explain how to enhance health and avoid or reduce health risks
- Explain how to practice healthy habits and avoid or reduce risks
- Explain how they can be an advocate for personal, family, and community health

### Health Intended Learning (Objectives):

Students will

- Name the symptoms of sudden cardiac arrest
- Name the priorities and describe the emergency response steps for sudden cardiac arrest
- Tell how to perform Hands-Only CPR
- Describe common errors made in emergency response situations
- Ask others to learn Hands-Only CPR

**Class Time:** 40 minutes

### Materials:

- Computer/Internet access
- Reproducible student handout
- Answer Key
- Sample "Skill Card"

### Launch (Anticipatory Set):

Discuss the following with students:

- On average less than one third of out-of-hospital cardiac arrest victims receive bystander CPR. CPR can double or triple a person's chance of surviving cardiac arrest.
- Most bystanders are worried they might do something wrong or make things worse.
- Hands-Only CPR is an alternative method of CPR using only chest compressions for cases of an adult witnessed sudden cardiac arrest.

**Explore/Activity:**

Students will access the Internet and type in the address <http://www.bethebeat.heart.org/>. On the website they will go to the VIDEO GALLERY and click on the video *Hands-Only CPR*. As they watch the video they will answer questions on the student handout. Answers will be discussed in class once the students complete the handout. Students will use Microsoft Word, Word Art, Google Images, Bing Images, Clip Art, or free-hand to create a Hands-Only CPR "Skill Card" that contains the emergency response steps, how to perform Hands-Only CPR, and where to find more information about the American Heart Association's website *Be the Beat*. Students will hand out the skill cards in classrooms throughout the school.

**Summary:**

Discuss the following with students:

- Chest compressions alone, or Hands-Only CPR, can save lives and help a teen or an adult who suddenly collapses.
- The public is still encouraged to obtain conventional CPR training, which teaches the skills needed to perform Hands-Only CPR as well as additional skills needed to care for cardiovascular and respiratory emergencies in adults, infants, and children.
- Students can become advocates for CPR/AED training in their family, school, and community by sharing with others the lifesaving technique of Hands-Only CPR.

**Assessment:**

Students show proficiency by giving correct answers on the student handout and by creating a "Skill Card" that accurately and effectively tells how to do Hands-Only CPR.

**Extensions:**

- Create a mini "Skill Card" to display at home and at school.
- Students search for more information about Hands-Only CPR and create a PowerPoint slide show or research paper.
- Students volunteer to show Hands-Only CPR for after-school groups.
- Students share the website video and show Hands-Only CPR to their families at home.

**Resources:**

[www.americanheart.org/](http://www.americanheart.org/)  
<http://handsonlycpr.org/>  
[www.webmd.com/](http://www.webmd.com/)  
<http://www.nlm.nih.gov/medlineplus/>



## Emergency Response: **Hands-Only™** CPR

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

Score: \_\_\_\_\_

**Instructions:** Use the Internet to find the website [www.bethebeat.heart.org](http://www.bethebeat.heart.org). On the website find the VIDEO GALLERY and click on the video *Hands-Only CPR*. Use the information given in the video to answer the questions listed below. Use the pause, rewind, and play buttons to help you answer the questions correctly.

1. Name 2 mistakes the adult rescuer made when responding to the victim who collapsed.
2. How should a rescuer check for a response in a victim?
3. Hands-Only CPR is only appropriate for use on a victim of what age?
4. Do you need to give mouth-to-mouth rescue breathing when using Hands-Only CPR? \_\_\_\_\_
5. Name 3 basic steps to follow when you see a teen or adult suddenly collapse:
6. Describe where to place your hands when giving Hands-Only CPR:
7. How hard should you push on the chest when giving Hands-Only CPR?
8. Hands-Only CPR can be as effective as conventional CPR for teen or adult victims who suddenly collapse and are unresponsive. True or False?
9. What is the rate for giving chest compressions during Hands-Only CPR?
10. Name a song that matches the rate for giving chest compressions during Hands-Only CPR.
11. Fill in the blanks in the paragraph below:

"Bystanders who witness the sudden \_\_\_\_\_ of a teen or an adult should immediately \_\_\_\_\_ and start what we call \_\_\_\_\_ - \_\_\_\_\_. This involves providing high-quality \_\_\_\_\_ compressions by pushing \_\_\_\_\_ and \_\_\_\_\_ in the \_\_\_\_\_ of the victim's \_\_\_\_\_, without stopping, until emergency medical services (EMS) responders arrive, or an \_\_\_\_\_ is ready to use."

12. Only a trained adult can perform *Hands-Only CPR*. True or False?

13. How do you know if your hands are in the right place when giving compressions? \_\_\_\_\_

- a. Do the best you can.
- b. Imagine a dotted line between each nipple.
- c. Place one hand on top of the other in the center of the chest.
- d. All of the above are correct.

14. How long do you continue performing CPR? \_\_\_\_\_

- a. Until an AED arrives and is ready to use.
- b. Until professional help arrives.
- c. Until a friend takes over.
- d. All of the above are correct.

15. What should you do if you see a teen or adult suddenly collapse?

16. In your opinion, why do you think the *American Heart Association* developed a more simple approach for giving CPR to victims who suddenly collapse?



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### **ANSWER KEY**

1. Name 2 mistakes the adult rescuer made when responding to the victim who collapsed.  
**Do not shake or slap an unresponsive victim. Do not send for water.**
2. How should a rescuer check for a response in a victim?  
**Tap the victim's shoulder and ask them if they are okay.**
3. *Hands-Only CPR* is only appropriate for use on a victim of what age?  
**Teens or adults (anyone over the age of 8)**
4. Do you need to give mouth-to-mouth rescue breathing when using Hands-Only CPR? **No.**
5. Name 3 basic steps to follow when you see a teen or adult suddenly collapse:  
**Ask if they are okay (check for a response), call 911, and begin chest compressions.**
6. Describe where to place your hands when giving Hands-Only CPR:  
**Place your hands in the center of the victim's chest.**
7. How hard should you push on the chest when giving Hands-Only CPR?  
**Push hard enough to move the chest 2 inches.**
8. Hands-Only CPR can be as effective as conventional CPR for teen or adult victims who suddenly collapse and are unresponsive. True or False? **True**
9. What is the rate for giving chest compressions during Hands-Only CPR?  
**100 beats per minute.**
10. Name a song that matches the rate for giving chest compressions during Hands-Only CPR.  
***Stayin' Alive or Man In the Mirror***
11. Fill in the blanks in the paragraph below:  
  
"Bystanders who witness the sudden **collapse** of a teen or an adult should immediately **call 911** and start what we call **Hands-Only CPR**. This involves providing high-quality **chest** compressions by pushing **hard** and **fast** in the **center** of the victim's **chest**, without stopping, until emergency medical services (EMS) responders arrive, or an **AED** is ready to use."
12. Only a trained adult can perform *Hands-Only CPR*. True or False? **False.**

13. How do you know if your hands are in the right place when giving compressions? **D**

- a. Do the best you can.
- b. Imagine a dotted line between each nipple.
- c. Place one hand on top of the other in the center of the chest.
- d. All of the above are correct.

14. How long do you continue performing CPR? **D**

- a. Until an AED arrives and is ready to use.
- b. Until professional help arrives.
- c. Until a friend takes over.
- d. All of the above are correct.

15. What should you do if you see a teen or adult suddenly collapse?

If you see a teen or adult suddenly collapse, call 911, then, push hard and fast in the center of their chest.

16. In your opinion, why do you think the *American Heart Association* developed a more simple approach for giving CPR to victims who suddenly collapse?

Possible Answer:

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. But less than one third of those people get that help. Most bystanders are worried they might do something wrong or make things worse.

SAMPLE SKILL CARD

# HANDS-ONLY CPR

If you see a teen or  
adult suddenly  
collapse

First

Ask if they are  
okay?

Next

Call 911.

Then

Push hard and fast in  
the center of the  
chest.

Interested in learning more?



Go online to [www.bethebeat.org](http://www.bethebeat.org)

"We want people to know that they can help many victims just by calling 9-1-1 and doing chest compressions. Don't be afraid to try it. More lives could be saved if more people are prepared to perform Hands-Only CPR for teen or adult victims of sudden cardiac arrest."

More information can be found at [www.americanheart.org/handsonlycpr](http://www.americanheart.org/handsonlycpr).