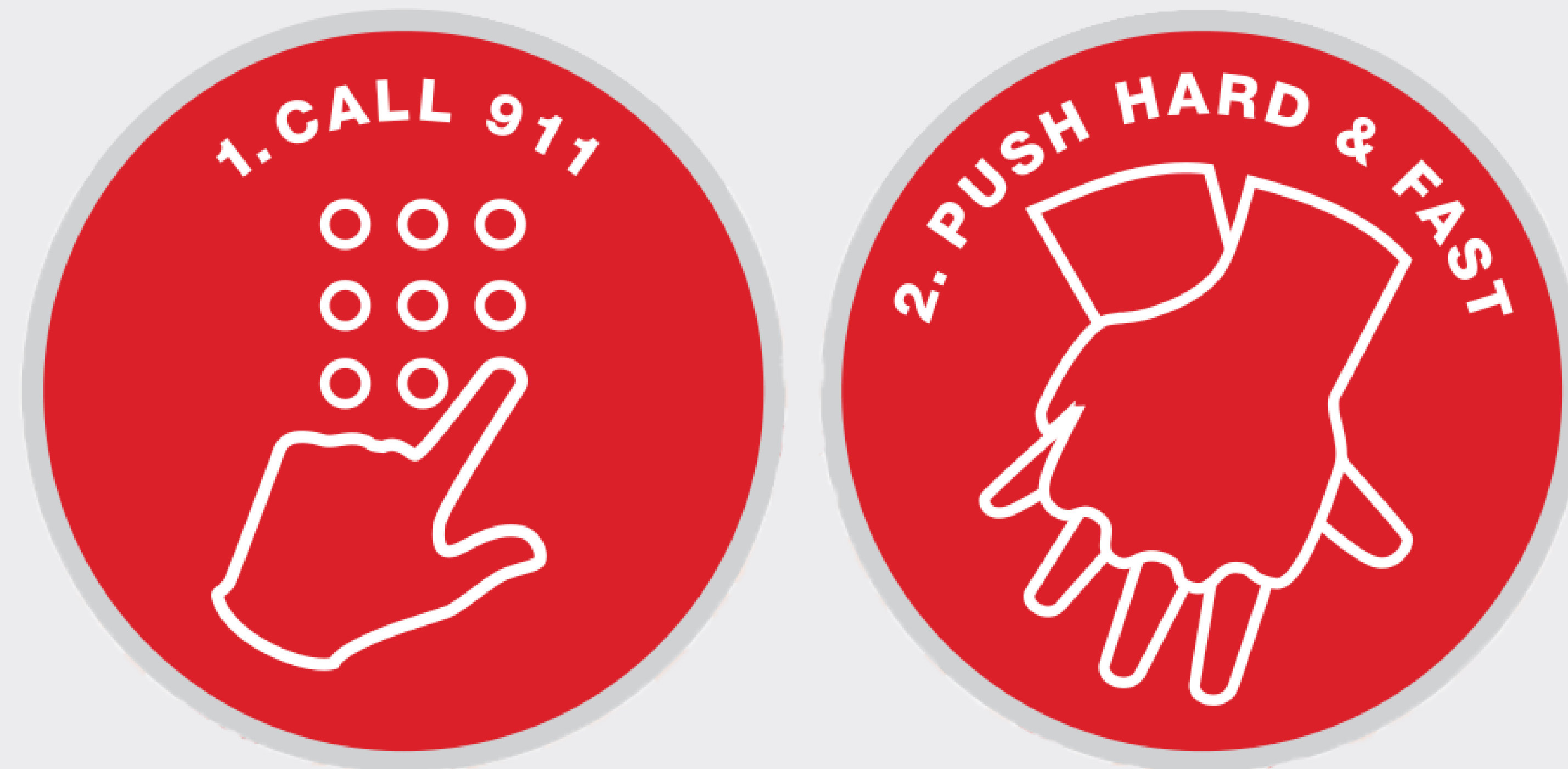


HANDS-ONLY CPR AWARENESS

What Is It And When Do I Use It?

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, at work, or in a park). It consists of two easy steps:



During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute.

Friends and Family CPR Anytime kits are provided by Genesis Foundation to assist groups in on-going education and training. Kit includes:

- Mini resuscitation Anne
- Training DVD
- English and Spanish
- Learn and Practice Hands Only CPR
- Mini Anne set-up and practice education
- Steps Leading up to CPR (Tap and Shout)
- AED information and demonstration
- Child CPR Choking Adult
- Choking Child

First kit is free, additional requested kits are \$40.00 each and goes to provide additional kits for community use.



Vision

Increase bystander CPR to save more lives.



Mission

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

Quick Facts

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

31% of cardiac patients received bystander CPR in Scott County, IA in 2016

70% of out-of-hospital cardiac arrests happen in homes.

According to the American Heart Association, about 90% of people who suffer an out-of-hospital cardiac arrest die.

Why Does a Minute Matter?

For every minute CPR is not performed, survival rates decrease by 10%

