



# FACEBOOK FORUM

## HANDS-ONLY CPR AND STOP THE BLEED SKILLS

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**INSTRUCTORS:** Niraj Lawande  
Sean MacAllister

### Illini Emergency Medical Services (IEMS)

#### Hands-Only CPR

- Overview
- Cardiac Arrest vs Heart Attack
  - A heart attack is a “circulation” problem and sudden cardiac arrest is an “electrical” problem
- Epidemiology
  - According to the American Heart Association: >350,000 out-of-hospital cardiac arrests each year in the US (70% occur in homes)
- What is CPR and how does it work?
  - If you see a teen or adult collapse, you can perform Hands-Only CPR with just three easy steps:
    - 1) Make sure that the scene is safe
    - 2) Call 911 and ask for an AED
    - 3) Push hard and fast in the center of the chest to the beat of the Bee Gees’ classic disco song “Stayin’ Alive.” The song is 100 beats per minute – the minimum rate you should push on the chest during Hands-Only CPR.
  - When do I stop compressions?
    - AED arrives
    - EMS arrives
    - Person regains consciousness or begins breathing normally
    - You’re too tired to continue
- Why Hands Only CPR?
  - Hands-Only CPR performed by a bystander has been shown to be as effective as conventional CPR (CPR that includes breaths) in the first few minutes of an out-of-hospital sudden cardiac arrest.
- What is an AED and how does it work?
  - Automated External Defibrillator and it looks for two specific rhythms
  - If those rhythms are detected, it will shock the patient's heart to restart the heart.
- Legality?
  - Just about every state in the US has a Good Samaritan law which protects you from legal action. This applies to individuals who act according to training, aren’t getting compensated for their services, and don’t do any grossly negligent.
  - Many 911 emergency dispatchers can guide you through this if you forget

## Stop the Bleed

- Why is Bleeding Control Important?
  - The #1 cause of preventable death after injury is bleeding.
- How can you help?
  - YOUR safety is YOUR first priority. If you are injured, you cannot help others.
  - Know the ABCs of Bleeding Control
    - A Alert 911
    - B Bleeding
    - C Compress
- After you locate the source of the bleed, what can you do?
  - Apply direct pressure to wound
    - Use just enough gauze or cloth to cover injury.
    - If pressure stops the bleeding, keep pressure on wound until help arrives.
  - For large wounds, you may have to pack the wound if pressure is not effective
    - If bleeding is from a deep wound, pack gauze tightly into the wound until it stops the bleeding; hold pressure until help arrives.
  - Tourniquet
    - Apply 2 to 3 inches above wound
    - Do not place over the elbow or knee
    - Tighten tourniquet until bleeding stops
    - Do NOT remove the tourniquet
- Components of a Stop the Bleed Kit?