LEARN CPR You Can Do It!

Facts about CPR

Sudden cardiac arrest is the leading cause of death in adults. Most arrests occur in persons with underlying heart disease.

CPR doubles a person's chance of survival from sudden cardiac arrest.

75% of all cardiac arrests happen in people's homes.

The typical victim of cardiac arrest is a man in his early 60's and a woman in her late 60's.

Cardiac arrest occurs twice as frequently in men compared to women.

CPR was invented in 1960

There has never been a case of HIV transmitted by mouth-to-mouth CPR.

In sudden cardiac arrest the heart goes from a normal heartbeat to a quivering rhythm called ventricular fibrillation (VF). This happens in approximately 2/3rds of all cardiac arrests. VF is fatal unless an electric shock, called defibrillation, can be given. CPR does not stop VF but CPR extends the window of time in which defibrillation can be effective.

CPR provides a trickle of oxygenated blood to the brain and heart and keeps these organs alive until defibrillation can shock the heart into a normal rhythm.

Approximately 95 percent of sudden cardiac arrest victims die before reaching the hospital.

Death from sudden cardiac arrest is not inevitable. If more people knew CPR, more lives could be saved.

Brain death starts to occur four to six minutes after someone experiences cardiac arrest if no CPR and defibrillation occurs during that time.

If bystander CPR is *not* provided, a sudden cardiac arrest victim’s chances of survival fall 7 percent to 10 percent for every minute of delay until defibrillation. Few attempts at resuscitation are successful if CPR and defibrillation are *not* provided within minutes of collapse.

Coronary heart disease accounts for about 446,000 of the over 864,000 adults who die each year as a result of cardiovascular disease.

There are 294,851 emergency medical services-treated out-of-hospital cardiac arrests annually.

There are about 138,000 coronary heart disease deaths within one hour of symptom onset each year.

When sudden cardiac arrest occurs, the victim collapses, becomes unresponsive to gentle shaking, stops normal breathing and after two rescue breaths, still isn’t breathing normally