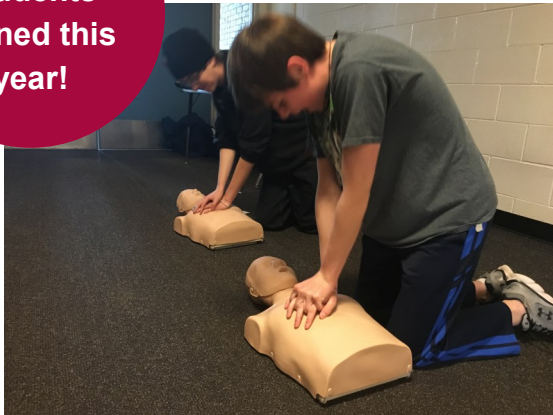


## Hands-Only CPR and AED Demonstrations

2,500  
students  
trained this  
year!



Students practicing hands-only CPR after finishing their cholesterol screening.



*Healthy Hearts* has partnered with Poudre Fire Authority to teach middle and high school students hands-only CPR and AED demonstrations. The demonstrations occur during the cholesterol screening day, and align with Poudre Fire Authority's mission to educate all students on the techniques of hands-only CPR by the end of high school.

Additionally, we encourage students to download and use the PulsePoint app. PulsePoint allows students to locate and register nearby AEDs .

Learn more at:  
[www.pulsepoint.org](http://www.pulsepoint.org)

**PulsePoint**

### WHY LEARN HANDS-ONLY CPR?

Cardiac arrest is a leading cause of death. Hands-Only CPR performed by a bystander has been shown to be as effective as conventional CPR in the first few minutes of an out-of-hospital cardiac arrest.

- ♥ When a person has a cardiac arrest, survival depends on **immediately getting CPR** from someone nearby.
- ♥ **90%** of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can **double or triple the chance of survival**.
- ♥ Shown to be as **effective as conventional CPR** for cardiac arrest at home, work or in public.
- ♥ **70%** of out-of-hospital cardiac events happen in **homes and residential settings**.
- ♥ Only about **34%** of people who experience out-of-hospital cardiac events get the **immediate help they need before a professional arrives**.

HealthyHearts@UCHealth.org

*uhealth*