

## How-To Provide Compressions-Only CPR

by Raymon Moreland



Sudden cardiac arrest is the leading cause of death in the world. Studies show over 360,000 people die from cardiac arrest each year. When an adult has sudden cardiac arrest, their survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than  $\frac{1}{3}$  of those people who experience cardiac arrest at home, work, or in a public location get that help. Most bystanders are worried they might do something wrong or make things worse. Early recognition of cardiac arrest, CPR compressions, and defibrillation truly can save lives. This brief video will give you the knowledge and resources on how to provide compressions only CPR with the use of an AED.