

Family & Friends CPR Anytime Kit

The Quad Cities HEARTSafe Coalition provides a Family & Friends CPR Anytime Kit with every Hands-Only CPR training.

The kit includes:

- Mini Anne® CPR Learning Manikin
- CPR Skills Practice DVD (English & Spanish)
- Adult CPR & AED Reminder Card
- Directions for Use



Who We Are



Board & Stakeholders:

- American Heart Association
- American Red Cross
- City of Bettendorf
- Community Members
- Eastern Iowa Community Colleges
- Genesis Health System
- MEDIC EMS of Scott County
- Rock Island County Health Department
- Scott County Health Department
- Scott County Secondary Roads
- St. Ambrose University
- UnityPoint Health

Schedule a free Hands-Only CPR training!

Website: qcheartsafe.org

Email: HandsOnlyCPR@genesishealth.com



April 2024

Quad Cities 
HEARTSafe
Coalition

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

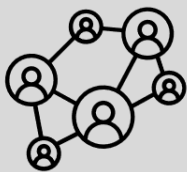
qcheartsafe.org



Quick Facts

- **Immediate bystander CPR can double or even triple a victim's chance of survival**
(American Heart Association, 2023)
- **Nationally, 73.4% of out-of-hospital cardiac arrests happen in homes**
(American Heart Association, 2023)
- **58% of cardiac patients received bystander CPR in Scott County, IA**
(MEDIC EMS of Scott County, 2023)
- **Women need CPR, too! Only 39% of women received CPR from bystanders in public compared to 45% of men.**
(American Heart Association, 2020)

3 Ways You Can Help!



Connect



Donate



Volunteer

Why Hands-Only CPR?

Cardiac arrest happens when the entire heart stops beating, and can happen anywhere, to anyone, at any time. The chances of surviving from cardiac arrest decreases 10% for every one-minute CPR is not performed.

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, work, or in a park.

Hands-Only CPR consists of two easy steps:

1. Call 911

2. Push hard and fast. During CPR, you should push at the center of the chest at a rate of 100 to 120 compressions per minute.

TWO STEPS TO SAVE A LIFE



NOTE: The American Heart Association still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.