

# 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
- MEDIC EMS of Scott County
- MercyOne Genesis
- 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](http://qcheartsafe.org)

Email: [qcheartsafe@gmail.com](mailto:qcheartsafe@gmail.com)



October 2024

Quad Cities   
**HEARTSafe**  
**Coalition**

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

[qcheartsafe.org](http://qcheartsafe.org)

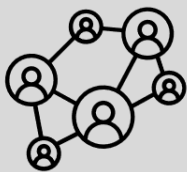




## Quick Facts

- **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.