

Hands-Only CPR

Hands-Only CPR is CPR without rescue breaths, also known as mouth-to-mouth. It is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting; such as at home, at work, or in a park. The Quad Cities HEARTSafe Coalition (QCHC) provides free Hands-Only CPR trainings. Contact QCHC via email, gcheartsafe@gmail.com to schedule your Hands-Only CPR training.

HANDS-ONLY CPR



Will NOT meet requirements if you need CPR for your job.

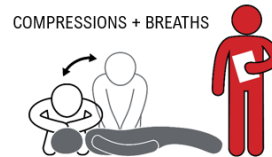
How does it work?

Chest compressions push remaining oxygen through the body to keep vital organs alive.

Who can I use it on?

Adults and teens.

CPR TRAINING



Often necessary for work related CPR training.

How does it work?

CPR with breaths provides additional oxygen to circulate throughout the body.

Who can I use it on?

Anyone who is in cardiac arrest.

CPR and First Aid Certificate

There are several options to receive CPR and First Aid training with certification in the Quad Cities area:

- **American Red Cross**
[w. redcross.org/take-a-class](http://w.redcross.org/take-a-class)
- **Eastern Iowa Community College**
[w. eicc.augusoft.net/](http://w.eicc.augusoft.net/) P. 563-336-3452 E. tdalaska@eicc.edu
- **MercyOne Genesis**
[w. genesishealth.com/classes/](http://w.genesishealth.com/classes/) P. 309-281-5092 E. katie.kepler@mercyone.org
- **National Safety Training Service**
[w. nstssafety.com/](http://w.nstssafety.com/) P. 319-366-4769 E. nstssafety@aol.com
- **UnityPoint Health Trinity**
[w. unitypoint.org/quadcities/classes-and-events.aspx](http://w.unitypoint.org/quadcities/classes-and-events.aspx) P. 309-779-2317 E. cecelia.walton@unitypoint.org

The QCHC does not endorse any of these organizations, and there may be others in our area that are not listed.

Thrive and Revive - NARCAN® (Naloxone) OVERDOSE RESPONSE TRAINING

Like cardiac arrest, an opioid overdose can happen anywhere. Knowing how to recognize the signs of an overdose and how to administer NARCAN® (naloxone) can save a life. Community Health Care provides free Narcan kits and train individuals to use them, empowering people with the knowledge and tools needed to act in an emergency. Call Community Health Care at 563-336-3000 (option 3) to learn more or schedule a training.

Cardiac arrest happens when the heart stops beating, and can happen anywhere to anyone at any time. Cardiac arrest may be caused by irregular heart rhythms called arrhythmias – making the heart beat too fast, too slowly, or irregularly.

An AED, or automated external defibrillator, is used to help those experiencing arrhythmias. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm. Early CPR and defibrillation are important steps in the chain of survival to improve chances of survival and recovery from cardiac arrest.



Many organizations are beginning to have an onsite public access AED. The price of an AED varies by make and model. Most AEDs cost between \$1,500 to \$2,000. Here are several options if you are interest in purchasing an AED:

**Bound Tree
Medical**
boundtree.com

Philips Healthcare
usa.philips.com

Stryker Medical
stryker.com/us

Zoll Medical
zoll.com

The QCHC does not endorse any of these organizations, and there may be others in our area that are not listed.

In addition to purchasing an AED, it is important to:

1. Place signage and AED in a highly visible public area,
2. Familiarize staff with the AED to help increase comfort and level of confidence, and
3. Conduct routine checks and maintenance.