Hands-Only CPR Mobile Tour

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If someone around you goes into cardiac arrest, would you know what to do?

The American Heart Association offered a fun but simple training on WKU’s campus this week as Amy Bingham tells us in this week’s View from the Hill.

It’s called Hands only CPR and a partnership between the American Heart Association and Anthem allowed this simple two step method to be taught at WKU at no cost to participants.

Help, help, help help saving lives, saving lives

Do you recognize the tune? The American Heart Association uses the beat to “Stayin Alive” to teach the correct compression rate.

 “It was a really good idea whoever thought of it to put the song with it.”

200 people took advantage of the Hands Only CPR Mobile tour on campus this week to learn how to save a life.

 “I think it’s a skill everybody has to know because you don’t know when your gonna use it.”

 “The Hands only CPR is really designed for the average person giving them the confidence and knowledge to be able to step in and respond to an emergency situation.”

It’s as simple as calling 911 then pushing hard and fast in the center of the chest until help arrives.

 “On the life size dummy it was really hard and they told us that was more like it would be with a human than with the dummies that we used.”

 It’s as simple as calling 911 then pushing hard and fast in the center of the chest until help arrives.

 “I got to know that rate was very important and depth of compression was very important to save a life.”

Participants also learned how to use an Automated External defibrillator or AED which can be found in all of WKU’s buildings.

 “I didn’t realize how easy AED was to use. “

Anthem even provided free CPR anytime kits.

 “it comes with a DVD and comes with a manikin, they can go home and practice by themselves and get really comfortable with it.”

A fun and quick way to learn a skill that could save someone close to you.

 “More often than not its gonna be someone you are close to that you respond to. “

 “Anyone can do it and everyone should learn how.”

To learn more about the Hands-only CPR campaign and get ready to save a life, visit heart-dot-org slash handsonlycpr.

With this week’s View from the Hill, I’m Amy Bingham.

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