



People More Apt to Perform “Hands-Only” CPR than Traditional Method

New American Red Cross survey shows majority of respondents more likely to give CPR without mouth-to-mouth contact.

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WASHINGTON, Thursday, June 30, 2011 — Nearly two-thirds (64 percent) of people say they would be more likely to perform CPR on someone if they did not need to have mouth-to-mouth contact such as through rescue breaths, according to an American Red Cross.

“Hands-Only CPR is an effective lifesaving technique especially for an untrained bystander who witnesses someone suddenly collapse,” said Dr. David Markenson, chair, American Red Cross Scientific Advisory Council. “Full CPR is recommended for infants, children and those with respiratory problems.”

The national survey of more than 1,000 adults found that when needed, people are more willing to perform Hands-Only CPR (chest compressions without rescue breaths) than full CPR (series of chest compressions and rescue breaths) on strangers — regardless of age, gender or appearance of the person in need of help.

Among the findings:

- One in four respondents (25 percent) has been in a situation where someone may have required CPR;
- Less than half (46 percent) of those in such situations have helped give CPR;
- Three in five (61 percent) said they are confident they know how to help someone who is unconscious and in need of CPR; and
- While two-thirds (66 percent) of respondents have taken a CPR class, nearly half (45 percent) said they were last trained more than five years ago.

The Red Cross recommends individuals take CPR classes every two years and refresh with online courses in the interim.

The survey findings were released just before the July 4th weekend, when many people travel or take part in outdoor activities.

“People need to know what to do in an emergency,” Markenson added. “Whether it’s performing CPR, using an automatic external defibrillator or providing first aid, knowing these lifesaving skills is critical, particularly as more individuals and families engage in swimming and other outdoor activities.”

As the nation's premiere training organization, the Red Cross offers a variety of ways for people to learn and review these lifesaving skills. Individuals can:

- Take a First Aid/CPR/AED course.
- Attend a 30-minute Hands-Only Citizen CPR course at their local Red Cross.
- Watch the Red Cross Hands-Only CPR video.
- Download the free, new "S.O.S by the American Red Cross" app for Android mobile devices at <https://market.android.com/>.

CPR, AED and first aid training can provide the skills and confidence to act in an emergency. The next generation of Red Cross training courses include two-year certifications, free digital materials and skill refreshers. Contact your local Red Cross or visit redcross.org/training for information and to register.

Survey details: Telephone survey of 1,010 U.S. Adults 18 years and older on April 15-18, 2011 conducted by ORC International. Margin of error is +/- 3.1 percentage points at the 95% confidence level. Comparison Sample From: Telephone survey of 1,018 U.S. Adults 18 years and older on March 26-29, 2010 conducted by ORC International. Margin of error is +/- 3.1 percentage points at the 95% confidence level.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies more than 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or join our blog at <http://blog.redcross.org>.