



## Community Health Worker/Representative CPR Resources

Cardiopulmonary resuscitation (CPR) can help provide life-saving care for overdose victims. During an opioid overdose, a person can experience a slow heartbeat and breathing or even cardiac arrest. CPR is recommended for opioid overdoses if they do not have a pulse. If naloxone is given, CPR might still be required to help circulate the medication to be effective. This document is intended to guide CHW/Rs to official hands-only CPR, standard CPR, and other resources and trainings.

### Hands-Only CPR has just two easy steps (see video below):

- 1) Call 911 and
- 2) Push hard and fast in the center of the chest at 100 to 120 beats per minute.



Doing Hands-Only CPR can double or triple the chance of survival for those experiencing loss of heart function.<sup>1</sup> Emergency medical attention will be required to provide rescue breathing and other care. No training is needed for hands-only CPR and American Heart Association (AHA) has **FREE** hands-only CPR demonstration videos available to the public. Check out the videos below.

### Videos:

- 1) **AHA Hands-only CPR Demonstration Video (English):**  
<https://www.youtube.com/watch?v=zUJkRpJ7Ffg>
- 2) **AHA Hands-only CPR Demonstration Video (Spanish):**  
<https://www.youtube.com/watch?v=7m5tPiTXL5A>

### Certified CPR Training Courses:

Though hands-only CPR is effective in saving the life of people experience loss of heart function<sup>2</sup>, additional online and in-person CPR courses are available throughout the state. For more resources and information on how to become CPR certified, please view the link below.

**CPR Training in Arizona:** <https://www.redcross.org/local/arizona/take-a-class/cpr>

<sup>1</sup> [https://cpr.heart.org/-/media/cpr-files/courses-and-kits/hands-only-cpr/handsonly-cpr-faqs-ucm\\_494175.pdf?la=en](https://cpr.heart.org/-/media/cpr-files/courses-and-kits/hands-only-cpr/handsonly-cpr-faqs-ucm_494175.pdf?la=en)

<sup>2</sup> <https://www.redcross.org/local/arizona/take-a-class/cpr>