

# Hands- Only CPR Lesson

School: \_\_\_\_\_

Date: \_\_\_\_\_

Student Name: \_\_\_\_\_

Arizona state law requires that students complete training in CPR by the end of the 2018-2019 school year.

Did you know that 70 percent of out-of-hospital cardiac arrests happen in homes? Statistically speaking, if you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a parent, a sibling or a friend.

CPR, if performed, increases a person's chance of survival by double or even triple. Students play an integral part in increasing survival from cardiac arrest.

To properly learn Hands-Only CPR please complete the following:

1. In just 15 minutes, you can learn the two simple steps to Hands-Only CPR. Please watch both links!  
[Hands-Only CPR video 1](#)  
[Hand-Only CPR video 2](#)
2. Now that you have watched the videos, practice Hands-Only CPR in your classroom or at home.

If you completed this lesson in the classroom or at a learning center and you have finished watching the videos and practicing CPR, please have your teacher or site coordinator sign this document indicating you have completed the lesson.

Teacher Name (Printed): \_\_\_\_\_

Teacher Signature: \_\_\_\_\_

If you completed this assignment at home, please have your parent/guardian sign the document indicating you completed the lesson. If you are over the age of 18 you may sign the document.

Parent/Guardian/Student over the Age of 18 Name (Printed): \_\_\_\_\_

Parent/Guardian/Student over the Age of 18 Signature: \_\_\_\_\_