

SAMPLE SCRIPT FOR TEACHING HANDS-ONLY CPR AT A MASS EVENT

(For a crowd, i.e. during half-time at a sporting event or on stage during a concert intermission)

Facilitator:

“Hello and thanks for having us here today.

My name is _____ and I am from _____

As a part of a program called the **Maryland Hands-Only CPR Project**, we are here to raise awareness about Sudden Cardiac Arrest (SCA) and what you can do if you see someone collapse.

Our goal is to increase the survival rate from sudden cardiac arrest in our region by 50%. AND WE NEED YOUR HELP!!

With that in mind, we are here with a “gift of life” for you today!

[Someone grabs his chest and starts to collapse]

Would you know what to do if someone suddenly collapsed in front of you?

If you see a teen or adult suddenly collapse, it’s important to act fast. Helping to save a life is easier than you might think.

Just start hands-only CPR.

[Someone enters the court and starts to treat the victim in concert with the instructions]

First, shake the person and shout, “Are you ok?” Check to see if the person’s breathing is normal. (Gasping breaths or snoring are signs of cardiac arrest.)

If there is no response and the person’s breathing is not normal, send someone to call 911 and find an AED, or call 9-1-1 yourself.

Then, get directly over the victim. Put the heel of one hand in the center of the chest. Then put your other hand on top of the first.

With straight arms and your elbows locked, push hard and fast in the center of the chest at a rate of at least 100 times per minute, allowing the chest to recoil each time.

To keep the beat, think of the song “Stayin Alive” by the Bee-Gees.”

[Stayin’ Alive starts to play]
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[Volunteers enter the court with manikins --- Surround demonstration and do hands-only CPR to the beat of the music]

Facilitator:

“Keep pushing until help arrives.

If an AED is available, turn it on and follow the instructions.”

[AED arrives --- Someone emphasizes the instructions and uses the AED]

[Music fades down and out until the shock is delivered and CPR starts again]

[Music starts again as CPR continues]

[Music fades out as speaker starts to talk again]

Facilitator:

“Let’s hope you never have to use hands-only CPR, but if you see a teen or adult suddenly collapse, don’t be afraid to try it.

Remember: Call 9-1-1. Then push hard and fast in the center of the chest until help arrives. Use an AED as soon as one becomes available without delay. Your actions can help save a life.

Every minute that goes by reduces the victim’s chance of survival by 10%!”

[Victim stands up – high fives person who performed and others]

[Volunteers stand afterwards – turn with their manikins and face the audience]

“Ladies and gentleman --- that is our gift to you. The ability to ‘Lend a Hand and Save a Life.’

How about a round of applause for the victim, our volunteers and to _____ for giving us the opportunity to provide this gift to you!

For more information about how to ‘Lend a Hand and Save a Life,’ stop at _____ or see any one of our volunteers!

Thank you and please enjoy _____ (or enjoy your night, etc).”

[Music plays as volunteers leave the floor]