

Who We Are



Stakeholders

- American Heart Association
- American Red Cross
- Bettendorf Police Department
- Eastern Iowa Community College
- Genesis Health System
- MEDIC EMS
- Rock Island County Health Department
- Scott County Health Department
- Scott County Secondary Roads



Why Hands-Only CPR?

Cardiac arrest happens when the entire heart stops beating, and can happen anywhere, to anyone, at any time. The chances of surviving from cardiac arrest decreases for every one-minute CPR is not performed.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who have seen a teen or adult suddenly collapse in an “out-of-hospital” setting; such as at home, work, or in a park.

Hands-Only CPR consists of two easy steps:

1. Call 911

2. Push hard and fast. During CPR, you should push at the center of the chest at a rate of 100 to 120 compressions per minute.



NOTE: The American Heart Association still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.