

**NORMALIZE THE
BODIES OF WOMEN
IN CPR TRAINING,
NORMALIZE GIVING
CPR TO WOMEN.**



WHO WE ARE

Hands2Heart NOLA is a New Orleans-based education initiative that seeks to reduce known gender biases in citizen CPR administration to women and increase the gender-and-racially sensitive representation of women's bodies in CPR training to improve survival outcomes for women and vulnerable individuals experiencing Out-of-Hospital Cardiac Arrest (OHCA).

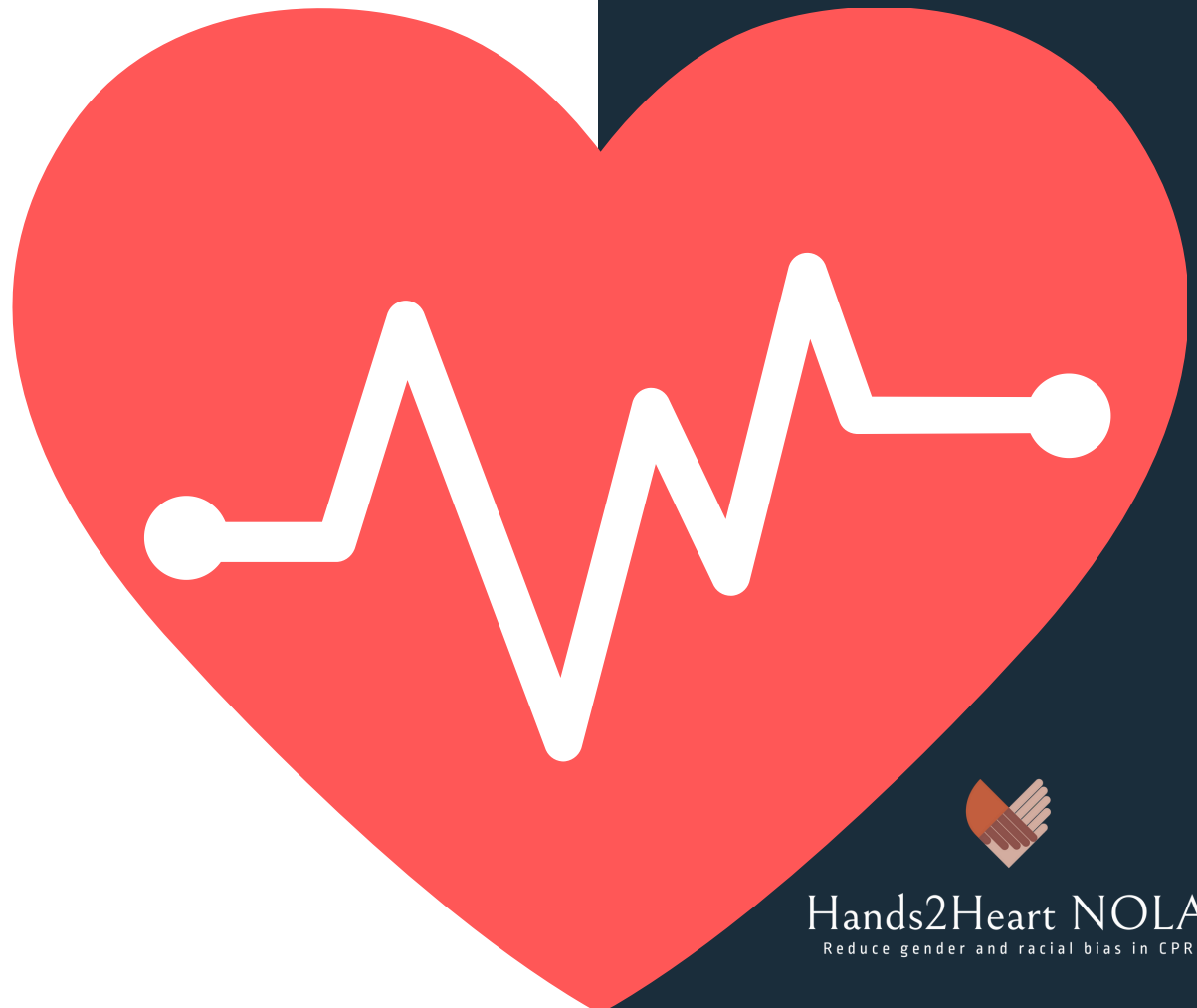
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HEALTH AND SOCIAL JUSTICE IN CPR TRAINING AND PROVISION

Through Gender and
Racial Bias Awareness



Hands2Heart NOLA
Reduce gender and racial bias in CPR



GENDER DISPARITIES ILLUSTRATE AN IMPLICIT BIAS

due to rescuer concerns of 1) physically harming a woman during CPR and 2) touching a woman inappropriately or being accused of doing so, and misconceptions that 3) breasts make providing CPR difficult and 4) women do not experience cardiac events or are more likely to exaggerate them.

CORRECTING MISCONCEPTIONS

can improve the odds of survival for women experiencing a public cardiac arrest. 1) although any body can be harmed during CPR, **women are no more likely than men to be harmed during CPR** 2) women want to survive a cardiac arrest, **Good Samaritan laws** encourage rescuers acting reasonably to intervene during a medical emergency like cardiac arrest 3) **breasts do not make CPR difficult**, push hard and fast in the center of a woman's chest at a **rate of 100 - 120 beats per minute** 4) heart disease is the leading cause of death for women in the United States and **women are no less likely than men to have a cardiac event.**

**WOMEN ARE LESS
LIKELY THAN MEN
TO RECEIVE CPR
FROM A
BYSTANDER
DURING A PUBLIC
CARDIAC ARREST.**

**WOMEN
EXPERIENCING A
PUBLIC CARDIAC
ARREST ARE
MORE LIKELY TO
DIE THAN MEN.**

01

Female bodies are underrepresented in CPR training. Most CPR dolls represent only male torsos and do not conform to the shapes of women's bodies, especially women's breasts.

02

CPR dolls do not equitably represent the range of natural skin tones, most are colorless or pink.

03

Flat-chested, colorless CPR dolls are currently used as the standard in CPR courses, especially in courses offered by major CPR trainers.

