

HOW TO Promote Health and Social Justice in CPR Training and Provision



Normalize Bodies of Women and BIPOC in CPR Training

The bodies of women and BIPOC are underrepresented in standard CPR training. Most CPR dolls and CPR training videos portray cardiac arrest victims with white or colorless flat-chested male torsos.

Women experiencing Out-of-Hospital Cardiac Arrest (OHCA) are less likely than men to receive CPR from a bystander.

When the bodies of women and BIPOC are not represented as cardiac arrest victims in standard CPR training courses and tools, citizen rescuers can experience hesitation before providing CPR to a real-life victim of OHCA when every minute counts toward survival.

Train More Citizens in CPR and Place More Local AEDs

Under-resourced communities do not have easily accessible Automated External Defibrillators (AEDs) in public spaces during a cardiac emergency.

Under-resourced communities experience environmental and economic barriers to accessing CPR training and have fewer community members trained in CPR.

Individuals with low socioeconomic status and less than a college-level education are less likely to be trained in CPR.

Black Americans experiencing OHCA are less likely than white Americans to receive CPR from someone in their home due to lack of available CPR training opportunities in Black communities.

Reduce Gender and Racial Disparities in CPR Provision

Learning CPR on women and BIPOC can save the lives of women and BIPOC.

Advocating for and participating in community-specific CPR training and AED placement opportunities can increase local skills and resources needed to save the life of a friend or neighbor.

Encouraging local leaders within and outside of healthcare to reduce structural inequities that promote CPR training disparities and to prioritize equitable CPR training opportunities and gender-and-racially sensitive CPR training materials can change the current standard in CPR training and reduce implicit biases during a real-life OHCA.

Hands2Heart NOLA is a New Orleans-based education initiative that seeks to reduce known gender biases in citizen CPR provision 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 OHCA. We are a partnership between the Albert Schweitzer Fellowship and Heartbeat NOLA.

For more information, please visit our website:

www.h2hnola.com