

## **Stayin' alive**

**Run time - :38**

LEDE: Knowing how to perform hands-only CPR and use an AED is especially important for young people. Tim Ditman of OSF HealthCare has more.

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OSF pediatric wellness specialist Jordan Meeks:

*SOUNDBITE: "Most cardiac arrests happen in people 40 years and older, a lot of teachers, parents, grandparents, coaches and those that young people are spending a lot of time with. And young people are getting to a point where their body is maturing, so they're able to do those compressions with enough strength to be helpful."*

If someone is having a heart problem, call 9-1-1. Then, press hard in the middle of their chest to the beat of Stayin' Alive by the Bee Gees.

I'm Tim Ditman.

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TAG: If you want to learn CPR, call your local hospital, first responder groups or the American Red Cross.