

Find Your Beat! CPR Songs by the Decade

Why Learn CPR?

Ever heard of the bystander effect?

It's what happens when a group of people faced with an emergency situation all assume somebody else will step in.

Unfortunately, if everyone thinks someone else will help, often, nobody does.

That's true of CPR, too: despite the fact that CPR can double or triple a victim's chances of survival, around 70% of Americans are reluctant to step in and help.

What's BPM Got to Do With It?

The International Liaison Committee on Resuscitation (ILCOR) recommends performing chest compressions at a rate of 100 - 120 beats per minute (BPM) to mimic the beating of a heart.

According to ProTrainings' on-staff paramedic, Jason Courtade, practicing chest compressions at a rate of 100 - 114 BPM can help ensure you perform CPR at the right pace when you're in an emergency situation.

Why? Lack of training, or lack of confidence.

Statistics show that the vast majority of out-of-hospital cardiac arrests (OHCA) happen at home. That means it could happen to someone you love - and you can be the one to save their life.

Imagine how many lives could be saved if we were all confident enough to jump in and perform CPR when faced with a life-threatening situation.

Why?

Because in a CPR training scenario, you're in a structured, safe environment where. However, in a real-life emergency situation, your adrenaline can spike, causing you to move more rapidly or erratically than you normally would.

So practicing a slightly slower pace can help ensure your adrenaline-fed emergency situation pace is perfectly "on beat" for the best results.

Choosing the Right Song

If you've ever taken your own pulse, you know how confusing it can be to try and keep track of the number of beats in your own body.

That's why instructors recommend choosing a memorable song to help you keep the right pace during CPR.

CPR Songs By Decade

Although the Bee Gees' hit "Stayin' Alive" is a CPR training staple, it's far from your only option.

We've chosen the top 10 CPR BPM-friendly hits of each decade, so you can choose your

favorite and get comfortable delivering chest compressions.

A song that gets stuck in your head and gets your foot tapping is a great option for your CPR song.

Beat	The '70s	The '80s
100-110 BPM	"Let's Stay Together" by Al Green 100 BPM	"I Can't Tell You Why" by The Eagles 100 BPM
	"Stayin' Alive" by The Bee Gees 103 BPM	"Every Rose Has Its Thorn" by Poison 100 BPM
	"Superstition" by Stevie Wonder 105 BPM	"Paradise City" by Guns N' Roses 100 BPM
	"Me and Bobby McGee" by Janis Joplin 108 BPM	"With or Without You" by U2 110 BPM
111-125 BPM	"Rich Girl" by Hall & Oates 114 BPM	"Like a Virgin" by Madonna 116 BPM
	"Hotel California" by The Eagles 115 BPM	"Every Breath You Take" by The Police 117 BPM
	"American Pie" by Don McLean 118 BPM	"Billie Jean" by Michael Jackson 117 BPM
	"Dreams" by Fleetwood Mac 120 BPM	"Physical" by Olivia Newton-John 122 BPM
	"Go Your Own Way" by Fleetwood Mac 120 BPM	"Sweet Child O' Mine" by Guns n Roses 125 BPM

Beat	The '90s	The '00s
100-110 BPM	"The Safety Dance" by Men Without Hats 102 BPM	"Drops of Jupiter" by Train 100 BPM
	"Fuel" by Metallica 107 BPM	"Chasing Cars" by Snow Patrol 100-104 BPM
	"Black Hole Sun" by Soundgarden 108 BPM	"Hey There Delilah" by Plain White T's 100-110 BPM
	"Wannabe" by Spice Girls 110 BPM	"Hips Don't Lie" by Shakira ft. Wyclef Jean 100-110 BPM
111-125 BPM	"Torn" by Natalie Imbruglia 112 BPM	"Crazy" by Gnarls Barkley 112 BPM
	"One Headlight" by The Wallflowers 113 BPM	"Lullaby" by Starsailor 113 BPM
	"Smooth" by Santana ft. Rob Thomas 116 BPM	"Get Down Tonight" by KC and the Sunshine Band 113 BPM
	"Hero of the Day" by Metallica 116 BPM	"Just Like the Rain" by Richard Hawley 113 BPM
	"No Rain" by Blind Melon 121 BPM	"Dr. Beat" by Miami Sound Machine 116 BPM
	"What's Up?" by 4 Non Blondes 121 BPM	"Seven Nation Army" by The White Stripes 110-124 BPM
Beat	The 2010s	
100-110 BPM	"Roar" by Katy Perry 100 BPM	"Pompeii" by Bastille 105 BPM
	"Riptide" by Vance Joy 104 BPM	"Rolling in the Deep" by Adele 105 BPM
	"Havana" by Camila Cabello ft. Young Thug 105 BPM	"Some Nights" by fun. 108 BPM
111-125 BPM	"Stay" by Rihanna ft. Mikky Ekko 112 BPM	
	"Uptown Funk" by Mark Ronson ft. Bruno Mars 115 BPM	
	"Counting Stars" by OneRepublic 122 BPM	