CPR Playlist

The songs on this list are between 100 - 120 beats per minute, the same rate at which you should perform compressions when administering CPR.

Stayin’ Alive – Bee Gees
Adventure of a Lifetime – Coldplay
Can’t Stop the Feeling – Justin Timberlake
Uptown Funk – Mark Ronson, Bruno Mars
Just a Girl – No Doubt
More Than A Feeling – Boston
Eye of the Tiger – Survivor
Grenade – Bruno Mars
Rolling in the Deep – Adele
Take a Chance on Me – ABBA
Ice Ice Baby – Vanilla Ice
Rhythm Nation – Janet Jackson
Whenever, Wherever – Shakira
Getting’ Jiggy Wit It – Will Smith
Under Pressure – Queen
Paparazzi – Lady Gaga
Jolene – Dolly Parton

HANDS-ONLY CPR

2 STEPS TO SAVE A LIFE

1. CALL 911

Call 911 if you see a teen or adult suddenly collapse.

2. PUSH HARD & FAST

Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.