

Hands-Only CPR

2 STEPS TO SAVE A LIFE

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

CPR can double or even triple a person's chance of survival.

Use a song to



help time compressions

When performing CPR, you should push on the chest at a rate of 100–120 compressions per minute, which is similar to the beat of these songs:

- *Stayin' Alive* – Bee Gees
- *Crazy in Love* – Beyoncé featuring Jay-Z
- *Hips Don't Lie* – Shakira
- *Walk the Line* – Johnny Cash

STEP 1

Call 9-1-1



STEP 2

Push hard and fast in the center of the person's chest



WHY?

Chest compressions help in the first few minutes someone is in cardiac arrest by pushing remaining oxygen through body to keep vital organs alive.

CPR buys valuable time until someone with more skills can provide help.

Learn more at
www.heart.org/HandsOnlyCPR



American Heart Association®
Hard Hats with Heart™