Hands-Only CPR

2STEPS TO : SAVEALIFE :

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.



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.

