## 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.



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 <u>STEP 1</u> 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.

these songs:

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

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

Learn more at **www.heart.org/HandsOnlyCPR** 

