Learn more at www.heart.org/HandsOnlyCPR



CPR can double or even triple a person's chance

of survival.

STEP 1

Call 9-1-1

center of the person's a fast song like "Stayin'

Compressions

STEP 2

Chest

Alive" or "Crazy in Love".

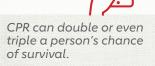
chest. Match the beat of

Push hard and fast in the

American Heart Association Hard Hats with Heart

STEP 1

Call 9-1-1



Learn more at www.heart.org/HandsOnlyCPR

STEP 2 Chest Compressions

Push hard and fast in the

chest. Match the beat of

a fast song like "Stayin'

Alive" or "Crazy in Love".

center of the person's



Compressions

Alive" or "Crazy in Love". a fast song like "Stayin' chest. Match the beat of center of the person's Push hard and fast in the



Call 9-1-

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