



American
Heart
Association.



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

One Dance - Drake, Wizkid, Kyla

Call Me Maybe - Carly Rae Jepsen

Just Dance - Lady Gaga, Colby O'Donis

Poker Face - Just Dance

Uptown Funk - Mark Ronson, Bruno Mars

Wannabe - Spice Girls

All Star - Smash Mouth

Best Day of My Life - American Authors

Brand New Day - Sting

Billie Jean - Michael Jackson

Just a Girl - No Doubt

Bye Bye Bye - *NSYNC

More Than A Feeling - Boston

Eye of the Tiger - Survivor

Grenade - Bruno Mars

This Is How We Do It - Montell Jordan, Wino

Ring of Fire - Johnny Cash

Rolling in the Deep - Adele

Take a Chance on Me - ABBA

Ice Ice Baby - Vanilla Ice

Jump - Kris Kross

Rhythm Nation - Janet Jackson

Whenever, Wherever - Shakira

Getting' Jiggy Wit It - Will Smith

Get Outta My Dreams, Get Into My Car - Billy Ocean

I Wanna Dance with Somebody (Who Loves Me) - Whitney Houston

HANDS-ONLY CPR

2 STEPS TO SAVE A LIFE



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



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.