

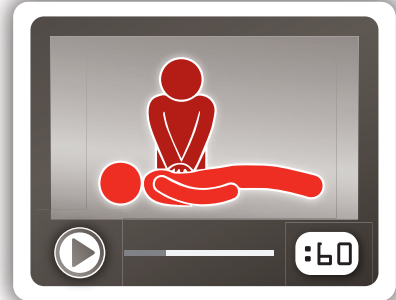
HANDS-ONLY™ CPR



Take a Minute to Save a Life!

It's easy to learn this lifesaving skill.

Watch the **60-second demonstration video** on Hands-Only CPR at www.heart.org/handsonlycpr and **share it** with the important people in your life. For resources in Spanish, go to www.heart.org/rcp.



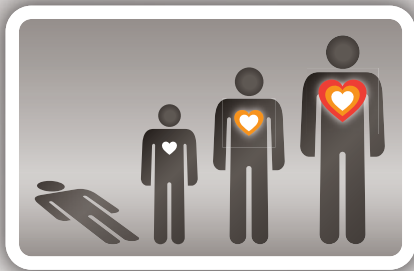
Who can do it?
YOU CAN!
WITH ONLY
2 simple steps:



1: Call 911



2: Push hard and fast
in the center of the chest



CPR CAN: **DOUBLE** or even **TRIPLE**
a victim's chance of survival.

WHY?: Chest compressions push oxygen through the body to **keep vital organs alive**.
Hands-Only CPR buys time until EMS arrives.



If you are called on to give CPR in an emergency, you will most likely be trying to **save the life of someone you love**: a child, a spouse, a parent or a friend.

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

