

HANDS-ONLY CPR!

2 EASY STEPS TO SAVE A LIFE

STEP 1
Call 9-1-1



CPR can double or even triple a person's chance of survival.

STEP 2
Chest Compressions



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



Learn more at www.heart.org/HandsOnlyCPR

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