

Do You Know Hands-Only CPR?

If you see someone collapse, check their breathing. Someone who is not breathing and is unresponsive has gone into cardiac arrest. Hands-Only CPR can help save their life by keeping blood pumping to the heart and brain until help arrives. **Do you know the two simple steps?**

” 70% of sudden cardiac arrests happen at home. CPR can triple the victim's chances of survival.

#CPRSAVESLIVES



▶ STEP 1:

Call 9-1-1. If you are with someone else, have them call while you start chest compressions.

▶ STEP 2:

Push hard and fast in the center of the chest. Press to the beat of the Bee Gees' song "Stayin' Alive."



TAKE A CLASS. SAVE A LIFE.

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