

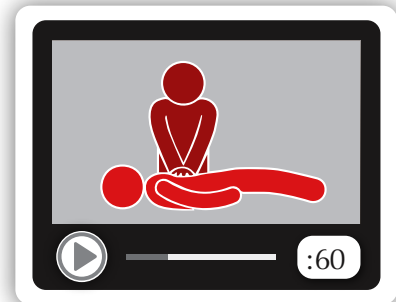
HANDS-ONLY CPR



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 heart.org/handsonlycpr and share it with the important people in your life. For resources in Spanish, go to heart.org/rcp.

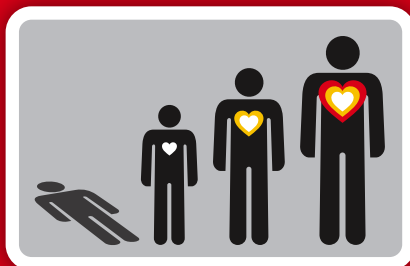


2 STEPS TO SAVE A LIFE



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**.



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

WHY?:

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