



[heart.org/HandsOnlyCPR](http://heart.org/HandsOnlyCPR)

**HANDS-ONLY CPR**



1. Call 911
2. Push hard & fast in the center of the chest

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**I'M CPR TRAINED**

**2 STEPS TO SAVE A LIFE**

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**CPR SAVES LIVES**



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**LEARN CPR  
SAVE A LIFE**

**2 STEPS TO SAVE A LIFE**

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