Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

**HOW DOES IT WORK?**

**HANDS-ONLY CPR**

- **CALL 911**
- **PUSH HARD AND FAST IN THE CENTER OF THE CHEST**

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

**CPR TRAINING**

- **COMPRESSIONS + BREATHS**

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

**WHO CAN I USE IT ON?**

**HANDS-ONLY CPR**

- Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

**HOW DO I LEARN?**

**HANDS-ONLY CPR**

- Go to [heart.org/handsonlycpr](http://heart.org/handsonlycpr) to learn the steps of Hands-Only CPR.

**CPR TRAINING**

- Go to [heart.org/cpr](http://heart.org/cpr) and click on FIND A COURSE to find a class online or near you.