

Hands-Only CPR



Join a Nation of Heartsavers™ today.

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

Learn the two simple steps:

1 Call 911



2

Push hard and
fast in the center
of the chest



CPR week is june 1-7 | **#CPRwithHeart**

To learn more, visit heart.org/handsonlycpr