Black History Month CPR Playlist

The songs on this list are between 100 - 120 beats per minute, the same rate at which you should perform compressions when administering CPR.

Rock Steady – Aretha Franklin
Motownphilly – Boys II Men
Work from Home – Fifth Harmony, Ty Dolla $ign
Needed Me – Rihanna
Cuff It – Beyoncé
About Damn Time – Lizzo
Getting’ Jiggy Wit It – Will Smith
Rhythm Nation – Janet Jackson
Can’t Get Enough of Your Love, Babe – Barry White
Kiss – Prince & The Revolution
Respect – Aretha Franklin
Rapper’s Delight – Sugar Hill Gang
All Night Long – Lionel Richie
Bonfire – Childish Gambino
Rock With You – Michael Jackson

HANDS-ONLY CPR

2 STEPS TO SAVE A LIFE

1. CALL 911
Call 911 if you see a teen or adult suddenly collapse.

2. PUSH HARD & FAST
Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.