

Print on sticker paper (such as Avery 53202) and cut out.



**be the beat<sup>®</sup>**

**HANDS-ONLY CPR**



**be the beat<sup>®</sup>**

1. CALL 911
2. PUSH HARD & FAST IN THE CENTER OF THE CHEST



**I'M CPR TRAINED**



**2 STEPS TO SAVE A LIFE**



**CPR SAVES LIVES**



**be the beat<sup>®</sup>**



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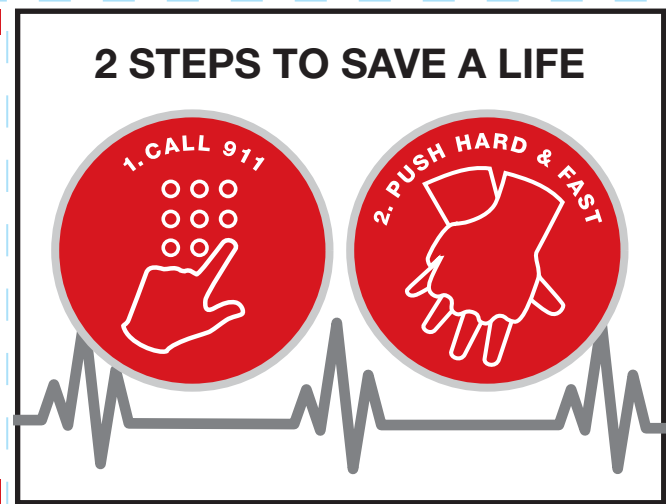


**SAVE A LIFE**



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