

#CPRSAVESLIVES

HANDS-ONLY CPR

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



CPR WEEK JUNE 1-7

LEARN THE TWO SIMPLE STEPS:

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

To learn, watch the 90-second Hands-Only CPR video at heart.org/handsonlycpr



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Learn how to save a life today!



Here's how:

Take 90 seconds to watch this video:

- ♥ English Hands-Only CPR video: heart.org/handsonlycpr
- ♥ Spanish Hands-Only CPR video: heart.org/rcp

2 STEPS TO SAVE A LIFE

Or, sign up to take a CPR course near you! heart.org/cpr

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A graphic featuring a red heart with a flame above it. A teal box on the left contains the text '2 STEPS TO SAVE A LIFE'. To the right, a teal banner says 'CPR WEEK JUNE 1-7'. Below the heart is a teal banner with the text 'Or, sign up to take a CPR course near you! heart.org/cpr'. At the bottom is a decorative bar with segments in teal, red, and grey.

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