

HANDS-ONLY CPR

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



#CPR SAVES LIVES

LEARN THE TWO SIMPLE STEPS:

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

2 STEPS
TO SAVE
A LIFE

CPR WEEK JUNE 1-7



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

heart.org/handsonlycpr

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