

# Hands-Only CPR

## 2 STEPS TO SAVE A LIFE

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

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

**Use a  
song to**



**help time  
compressions**

When performing CPR, you should push on the chest at a rate of 100–120 compressions per minute, which is similar to the beat of these songs:

- *Stayin' Alive* – Bee Gees
- *Crazy in Love* – Beyoncé featuring Jay-Z
- *Hips Don't Lie* – Shakira
- *Walk the Line* – Johnny Cash

### STEP 1

Call 9-1-1



### STEP 2

Push hard  
and fast in the  
center of the  
person's chest



### WHY?

Chest compressions help in the first few minutes someone is in cardiac arrest by pushing remaining oxygen through body to keep vital organs alive.

**CPR buys valuable time  
until someone with more  
skills can provide help.**

Learn more at  
**[www.heart.org/HandsOnlyCPR](http://www.heart.org/HandsOnlyCPR)**



American Heart Association®  
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