

HANDS-ONLY

CPR!

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2 EASY STEPS
TO SAVE A LIFE

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STEP 1

Call 9-1-1



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

STEP 2

Chest Compressions



Push hard and fast in the center of the person's chest. Match the beat of a fast song like "Stayin' Alive" or "Crazy in Love".



American Heart Association.
Hard Hats with Heart™

Learn more at www.heart.org/HandsOnlyCPR

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