## Do You Know Hands-Only CPR?

If you see someone collapse, check their breathing. Someone who is not breathing and is unresponsive has gone into cardiac arrest. Hands-Only CPR can help save their life by keeping blood pumping to the heart and brain until help arrives. **Do you know the two simple steps?** 

70% of sudden cardiac arrests happen at home. CPR can triple the victim's chances of survival.

#CPRSAVESLIVES

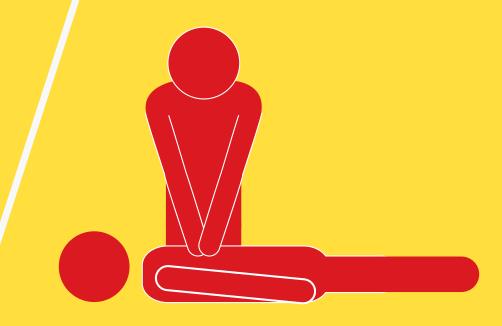


STEP 1:

Call 9-1-1. If you are with someone else, have them call while you start chest compressions.



Push hard and fast in the center of the chest. Press to the beat of the Bee Gees' song "Stayin' Alive."





TAKE A CLASS. SAVE A LIFE.

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