

HANDS-ONLY CPR



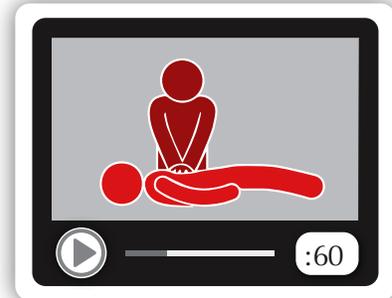
American
Heart
Association®

life is why®

Take a Minute to Save a Life!

It's easy to learn this lifesaving skill.

Watch the 60-second demonstration video on Hands-Only CPR at heart.org/handsonlycpr and share it with the important people in your life. For resources in Spanish, go to heart.org/rcp.

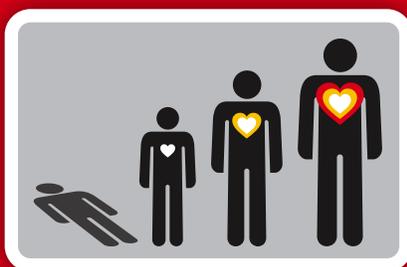


2 STEPS TO SAVE A LIFE



If you are called on to give CPR in an emergency, you will most likely be trying to **save the life of someone you love**: a child, a spouse, a parent or a friend.

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



CPR CAN: DOUBLE or even TRIPLE a victim's chance of survival.

WHY?: Chest compressions push oxygen-rich blood through the body to **keep vital organs alive**. **Hands-Only CPR buys time until EMS arrives.**

The American Heart Association's Hands-Only CPR campaign is supported by an educational grant from the Anthem Foundation.

The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems. Hands-Only CPR training does not result in an AHA Course Completion Card.

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