



# Hands-Only CPR

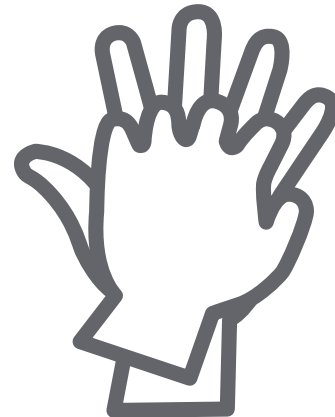
CPR CAN DOUBLE OR EVEN TRIPLE A PERSON'S CHANCE OF SURVIVAL

## Learn the two simple steps:

**1** Call 911



**2** Push hard & fast in the center of the chest



To learn, watch the 90-second Hands-Only CPR video  
at [heart.org/handsonlycpr](http://heart.org/handsonlycpr)

**#CPRSAVESLIVES**