

TWO STEPS TO STAYING ALIVE

WITH HANDS-ONLY™ CPR



1



Call 9-1-1

2



**Push hard and fast in
the center of the chest
to the beat of Stayin' Alive
by the Bee Gees**

**Hustle to heart.org/handsonlycpr to watch a
60-second video to learn how to save a life.**



**American
Heart
Association.**

CPR & First Aid

heart.org/handsonlycpr

find us on



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