



## NATIONAL CPR WEEK - Be Ready



### WHY LEARN CPR?



<https://cpr.heart.org/en/>

Cardiac arrest is a major cause of death, often caused by a heart's electrical issue that stops blood flow to vital organs. In the U.S., over 350,000 people – including 23,000 children – experience out-of-hospital cardiac arrests each year. Survival largely depends on immediate CPR from bystanders, yet about 90% do not survive. Early CPR can double or triple survival chances. Learning CPR can help save lives and make you part of a "Nation of Lifesavers." Learn CPR today.

**Be ready. Become a part of the Nation of Lifesavers.**

**No one should face a life-changing moment alone.**

For adults, Hands-Only CPR is just as effective as CPR with breaths during the first few minutes of cardiac arrest in most settings. It involves:

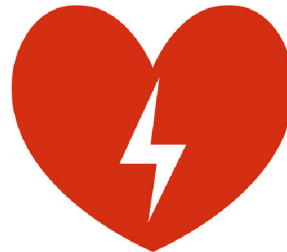
## HANDS-ONLY CPR THREE STEPS YOU CAN HANDLE



**CALL 911**



**PUSH HARD AND FAST  
THE CENTER OF THE CHEST**

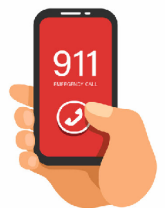


**USE AN AED  
IF AVAILABLE**

**Source:**



American  
Heart  
Association®



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**THINK  
SAFETY  
STARTS  
WITH YOU**



**LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!**

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Enhancing People. Improving Business.

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Call 800.448.8326 or click LifeAdvisorEAP.com.  
This confidential service is FREE for  
Fabiano Brothers employees and their families.

