

CPR SAVES LIVES

Be Ready. Be the Difference.

Cardiac arrest happens when an electrical problem in the heart causes an irregular heartbeat. This stops blood flow to the brain, lungs and other organs.

CPR can double or triple the chance of survival when started right away.



YOU CAN BE THE REASON SOMEONE LIVES.

WHY LEARN CPR?



Cardiac arrest is a leading cause of death. More than **350,000** people in the U.S. have an EMS-assessed out-of-hospital cardiac arrest each year.



About **70%** of out-of-hospital cardiac arrests happen in homes.



More than **23,000** are children, and nearly **20%** of these are infants.

Fewer than **40%** of people who have an out-of-hospital cardiac arrest get the urgent help they need before professional help arrives.



HANDS-ONLY CPR: TWO EASY STEPS

1 CALL 911
Call 911 if you see a teen or adult suddenly collapse.



2 PUSH HARD & FAST
Push in the center of the chest to the beat of a song that has 100 to 120 beats per minute.



MUSIC CAN SAVE LIVES
Songs that can help you stay on beat:

- Stayin' Alive by the Bee Gees
- Crazy in Love by Beyoncé
- Hips Don't Lie by Shakira
- Walk the Line by Johnny Cash

For adults, Hands-Only CPR has been shown to be as effective in the first few minutes as CPR with breaths for cardiac arrest at home, at work or in public.

WHAT ABOUT KIDS?



Breathing problems often cause cardiac arrest in children. This is why it's important to give **two rescue breaths** with each set of **30 compressions** for infants and children.



BE THE DIFFERENCE FOR SOMEONE YOU LOVE

If you ever provide CPR, you will likely be trying to save the life of someone you love.



CHILD



SPOUSE



PARENT



FRIEND

No one should face a life-changing moment alone.



LEARN CPR TODAY. BE READY TOMORROW.

Knowledge + Action Can Save A Life

