

WHAT IS

CPR CARDIOPULMONARY RESUSCITATION

An emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

HANDS-ONLY CPR



Call 9-1-1



Push hard & fast in the center of the chest at a rate of 100 to 120 compressions a minute

How do I know I am pushing at 100-120 compressions per minute?

Some of the many songs you can sing in your head to make sure you are keeping the pace:

“Staying Alive”
The Bee Gees

“Girls Just Wanna Have Fun”
Cyndi Lauper

“Bye, Bye, Bye”
**NSYNC*

“The Man”
Taylor Swift



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