



# Hands-Only CPR



**Join a Nation of Lifesavers™ today.**

CPR can double or even triple a person's chance of survival.

Learn the two simple steps:

1

Call 911



2

Push hard and  
fast in the center  
of the chest



CPR week is june 1-7 | **#CPRwithHeart**

To learn more, visit [heart.org/handsonlycpr](https://heart.org/handsonlycpr)

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