

# Be a **Heart Hero** WITH Hands-Only **CPR**

## Quick Facts

- ▶ Cardiac arrest occurs when the heart stops beating.
- ▶ Every hour, 38 Americans suffer a cardiac arrest. Fewer than 1 in 10 will survive.
- ▶ Bystander CPR saves lives. For every minute delay in starting CPR, the chances of survival decrease by 10%!
- ▶ Even people without official CPR training can perform **hands-only CPR**. The steps are simple: 1) call 911, and 2) push hard and fast in the center of the chest.
- ▶ Push to the beat of “Staying Alive,” 100 times per minute, at least 2 inches deep.



# TWO STEPS to Staying Alive



**Call 9-1-1**



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



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**Heart and Vascular Care**