



Landes Emergency Training Services

FIRST AID

CPR

AED

SAFETY



# HANDS - ONLY CPR

## 60 Seconds to Save a Life!

Go to [heart.org/handsonlycpr](http://heart.org/handsonlycpr) and watch a 60 second video demonstration on Hands-Only CPR. You can share with family and friends also to show the importance of saving lives.

### 2 - STEPS TO SAVE A LIFE



If you are in an emergency situation and called to provide CPR, most likely it will be on **someone you love**.

Cardiac arrest survival depends on getting **immediate CPR** from someone nearby and calling for help.



What CPR can do...it can **double or triple** the chance of survival for the person having a heart attack or sudden cardiac arrest.

Why CPR helps...compressions provide blood flow and some degree of oxygen, flowing through a person's body until EMS arrives.

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