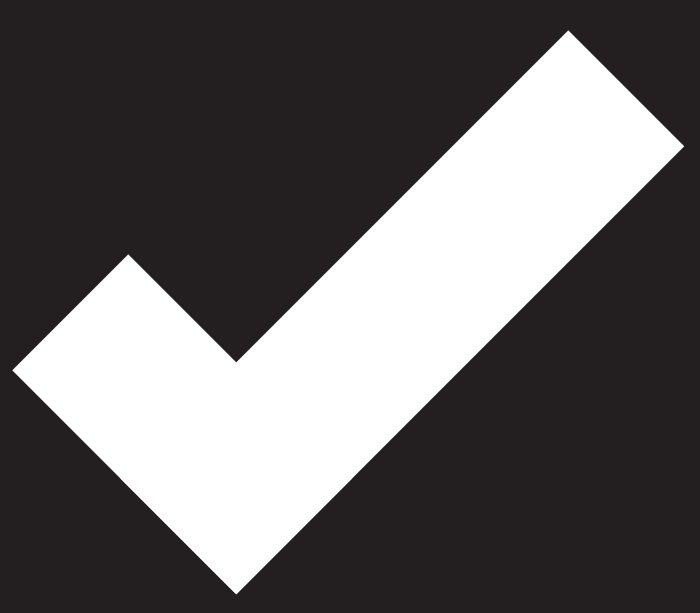


HANDS ONLY CPR

YOU CAN SAVE A LIFE

When someone is unconscious, they may be experiencing sudden cardiac arrest



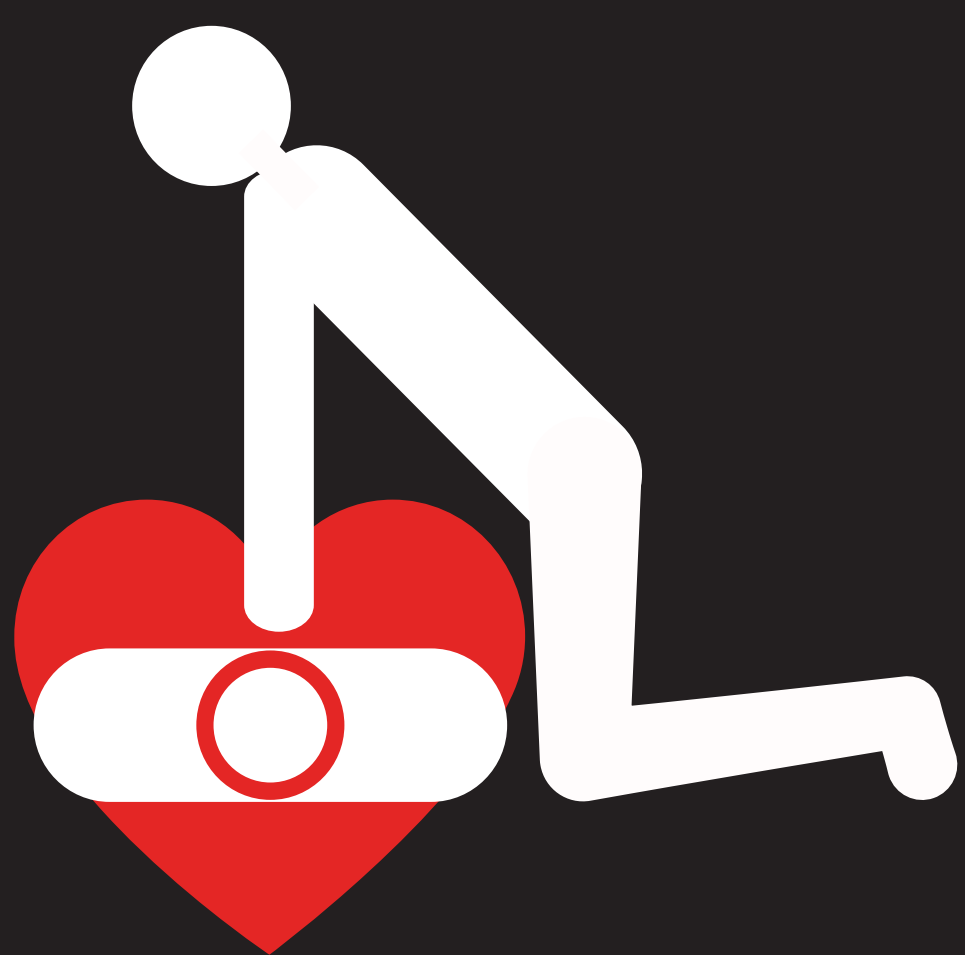
1. CHECK

Check for responsiveness and breathing



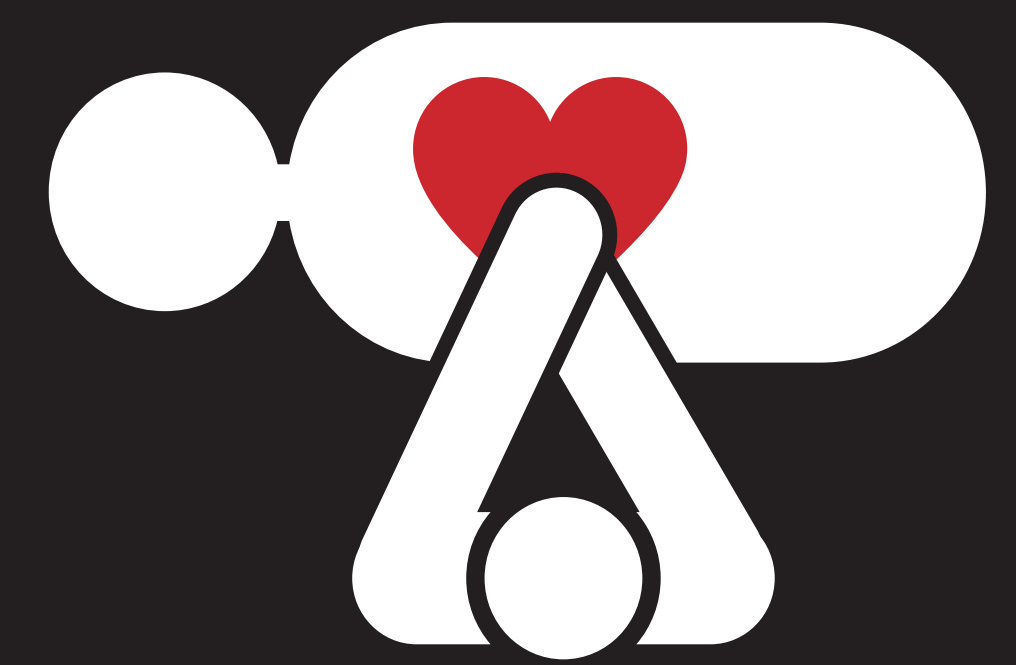
2. CALL 911

Or have someone call 911



3. COMPRESS

Kneel over victim. With straight arms and interlocked hands, push hard and fast on chest. 2 compressions per second at least 2 inches deep.



For more information, visit handsonly.nyc



HANDS
ONLY
CPR

Everyone Can Save A Life