



THAT HEART'S NOT GOING TO START ITSELF

DON'T BE AFRAID. GIVE CPR. SAVE A LIFE.

More than **350,000**

out-of-hospital cardiac arrests occur each year in the United States.

During cardiac arrest, immediate CPR can

DOUBLE OR TRIPLE

a person's chance of survival.



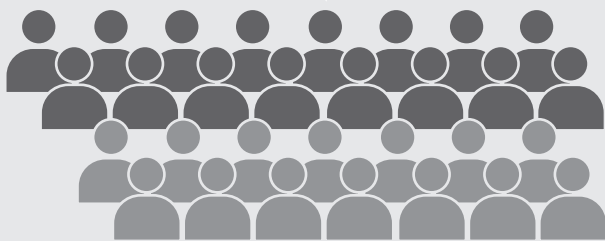
But currently, bystanders only perform CPR



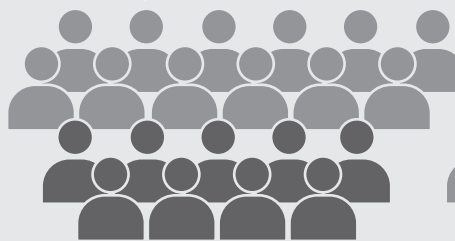
46% of the time.

In a nationwide online survey, respondents commented on why they did not perform CPR on someone in cardiac arrest despite having the opportunity to do so:

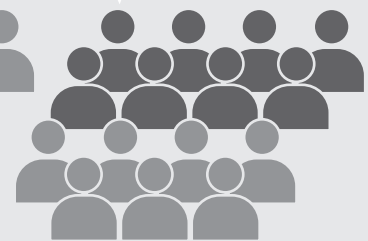
31% Afraid of legal ramifications



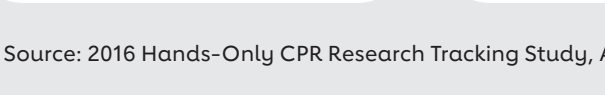
24% CPR is too complicated



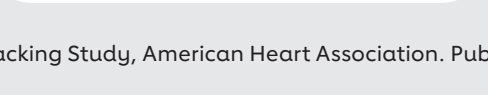
16% I have not been trained to perform CPR



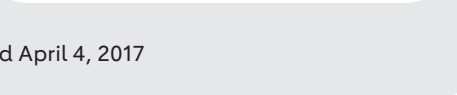
28% Afraid I might hurt the person



18% I did not feel confident performing the steps



14% I did not want to give rescue breaths



Source: 2016 Hands-Only CPR Research Tracking Study, American Heart Association. Published April 4, 2017

With hands-only CPR, it takes just

2 STEPS TO SAVE A LIFE:



1. Call 9-1-1



2. Push hard & fast

Learn more at heart.org/cpr