



Hands-Only CPR

4 Easy Steps to Save a Life

1. Ask **"Are you OK?"**
2. Tell someone to **call 911**
3. **Push hard and fast** in the center of the chest
4. Push fast at **100 beats per minute**

Why is CPR Important?

- ✓ 383,000 people suffer from sudden cardiac arrests annually
- ✓ AED's talk you through how to perform CPR with the press of a button
- ✓ With access to AED's, at least 40,000 lives could be saved each year
- ✓ **If you perform CPR, you can triple the person's chance of survival**
- ✓ 88% of cardiac arrests occur at home

The life you save with CPR will most likely be someone you love

For more information on the Mile-High Regional Emergency Medical and Trauma Advisory Council's (MHRETAC) see www.milehighretac.org