

***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](http://www.milehighretac.org)