

# **CPR** **CAN SAVE A LIFE!**

## **HOW TO PERFORM HANDS-ONLY CPR**

In the event you find someone who is unresponsive or has collapsed, **CALL 911** and follow these steps. Always stay with the victim until further help arrives.



### **PUSH HARD & FAST**

Interlace your hands with the heel of your bottom hand on the center of the victim's chest. Use the weight of your body to push hard and fast.



### **120 BEATS PER MINUTE**

Push hard at the rate of 120 beats per minute. That's the rate of the popular songs "Stayin' Alive" and "Walk the Line".

## **WHY LEARN CPR?**

- 475,000 Americans die each year from cardiac arrest
- Increases chances of survival for individuals
- Every minute matters
- Only 46% who suffer cardiac arrest (outside of the hospital) get the help they need before professionals arrive
- You could save someone you care about
- More than 85% of cardiac arrest occur in the home

## **HOW DO I LEARN?**

Mason Fire Department  
513-229-8540  
[cpr@masonoh.org](mailto:cpr@masonoh.org)

Mason Community Center  
513-229-8555