



HANDS ONLY CPR

2 Steps to Save a Life

If you see a teen or adult suddenly collapse:

1

Call 911

2

Push hard and fast in the center of the chest to the beat of Staying Alive or any tune that is 100 to 120 beats per minute.

Immediate CPR can double or even triple a person's chance of survival.

**Wadley Regional
Medical Center**

A STEWARD FAMILY HOSPITAL



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