

“Just Hands CPR”



A new lifesaving action for non-trained citizens when sudden cardiac arrest occurs.

Survival from adult sudden cardiac arrest depends significantly on delivering CPR immediately. Research shows that only 1/3 of sudden cardiac arrest victims receive immediate CPR from someone who has received the training. Often times a bystander is worried they might do something wrong or cause further harm by doing CPR.

“Just Hands CPR” can save lives!

If you see an adult collapse suddenly and he or she is not responsive:

- First, call 911
- Second, start “Just Hands CPR” by pushing hard and fast in the center of the chest. Remember to place yourself above the victims’ chest.

“Just Hands CPR” will increase the chances of someone receiving help when they see an adult suddenly collapse. “Just Hands CPR” can save lives, maybe even the life of someone you love!

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