

SAFETY TIPS: CPR STEPS



Each year, Sudden Cardiac Arrest (SCA) unexpectedly takes the lives of hundreds of thousands of Americans. Studies show survival from SCA can be doubled or tripled if CPR is administered until emergency medical services arrive.

If you find someone unresponsive and not breathing normally, take the following steps:



Send someone for an AED



Check for responsiveness



Call 911



Push hard and fast, center of chest



Keep going until help arrives

For more information visit amr.net/safety

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