

YOU CAN SAVE A LIFE

WITH HANDS-ONLY CPR



YOU DO NOT NEED TO BE CERTIFIED
to perform life-saving Hands-Only CPR



Call 911

Put your phone on speaker
and start compressions



Push hard and fast in the center of the chest

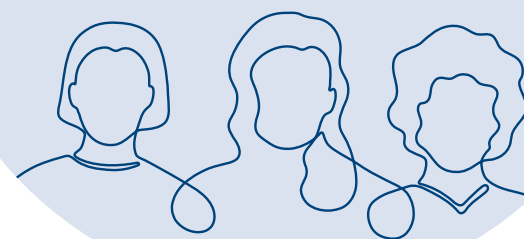
100-120 compressions per minute



**Continue CPR until professional
help arrives** or an automated external
defibrillator (AED) is available

DID YOU KNOW?

**Women receive
bystander CPR
less often than men.**



Be ready. Learn Hands-Only CPR in less than two minutes:

- ✓ **Learn more at** GoRedforWomen.org/WomenandCPR
- ✓ **Learn Hands-Only CPR** by scanning the QR code to watch a training video



American
Heart
Association.



1-855-VA-WOMEN
www.womenshealth.va.gov

VA



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