



The American Heart Association wants to make sure everyone knows CPR. To make sure you are ready when it matters most. Learn CPR today so you can be ready.

## HANDS-ONLY CPR VS. CPR WITH BREATHS

### HANDS-ONLY CPR



**CALL YOUR LOCAL EMERGENCY RESPONSE NUMBER.**



**PUSH HARD AND FAST IN THE CENTER OF THE CHEST**

Public awareness campaign to get more people to act when they come across a cardiac arrest. Starting point to get more people to learn CPR.

**Will not meet requirements if you need CPR for your job.**

### CPR TRAINING



**COMPRESSIONS + BREATHS**

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

**Often necessary for people who need CPR training for work.**

## HOW DOES IT WORK?

**Chest compressions** are good for the first few minutes someone is in cardiac arrest. Pushing the remaining oxygen through the body helps keep vital organs alive. It buys time until someone with more skills can help.

**CPR with breaths combines chest compressions and breaths.** This provides more oxygen to circulate throughout the body.

## WHO CAN I USE IT ON?

### Adults and teens

For children and infants, the American Heart Association recommends CPR with breaths.

### Anyone who is in cardiac arrest, including:

- Adults and teens
- Infants and children
- Pregnant women
- Victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest

## HOW DO I LEARN?

Watch our [60-second instructional video](#) to learn the two steps to Hands-Only CPR.

Go to [international.heart.org/en/hands-only-cpr](https://international.heart.org/en/hands-only-cpr) so you can be ready.