

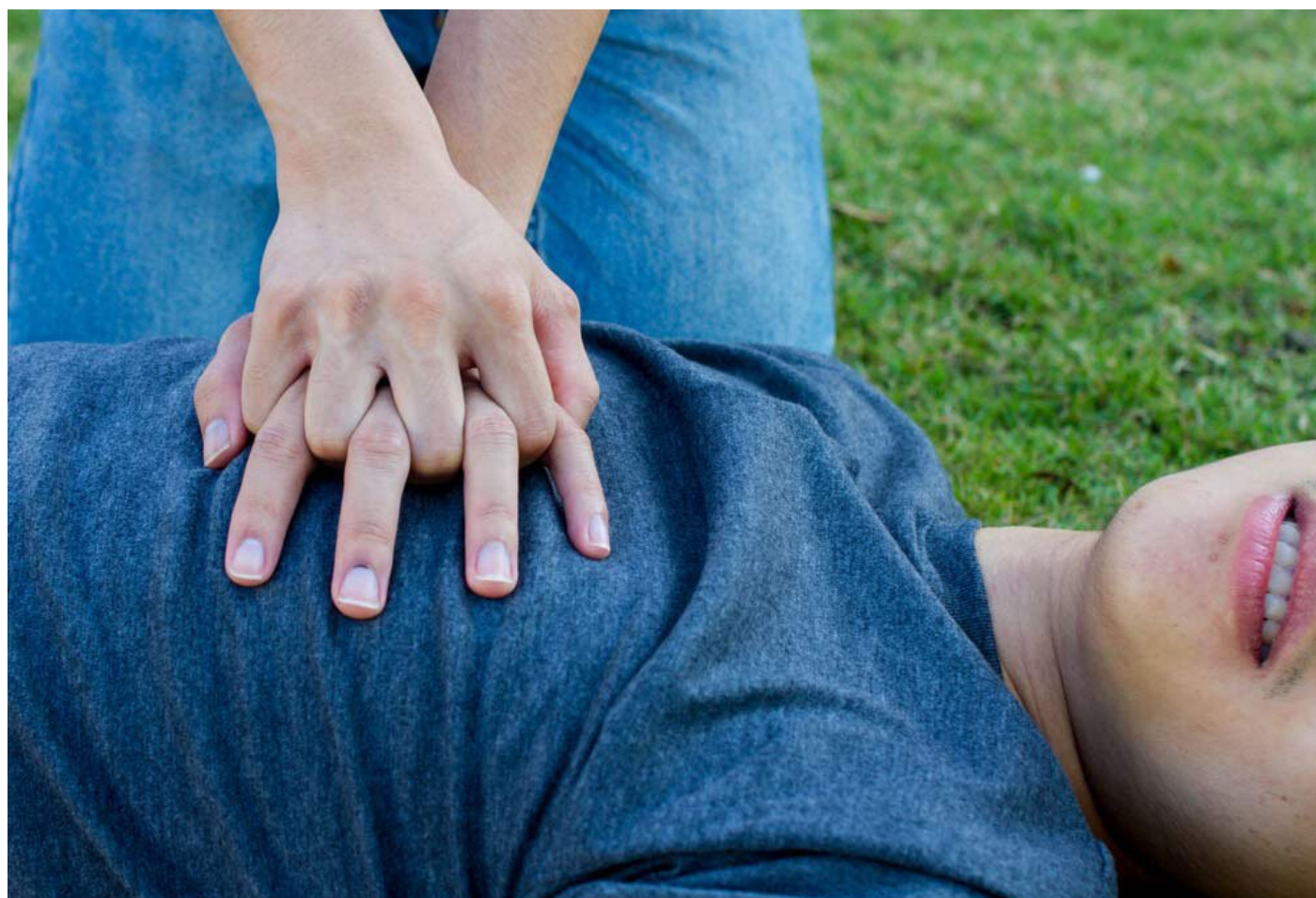
# Why Should I Learn Hands-Only CPR?



## CPR can double or triple the chances of survival

There are more than 356,000 out-of-hospital cardiac arrests (OHCA) annually in the U.S., nearly 90% of them fatal, according to the American Heart Association.

Survival to hospital discharge was 10.8% among adults.



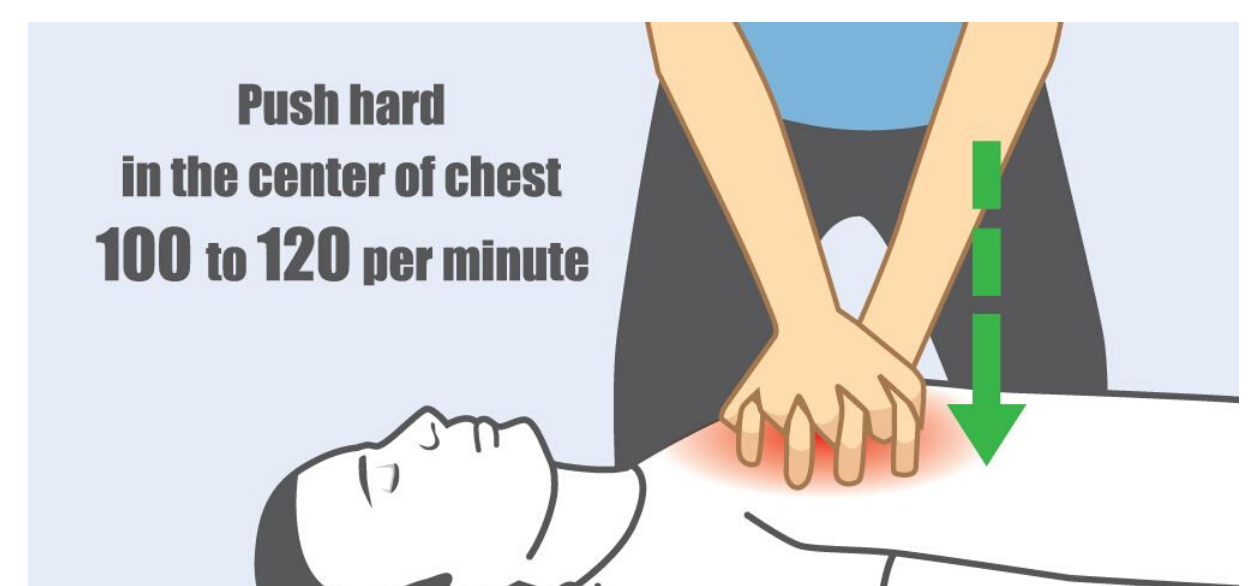
## Hands-Only CPR is easy and safe

Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse,

### Step 1: Call 911

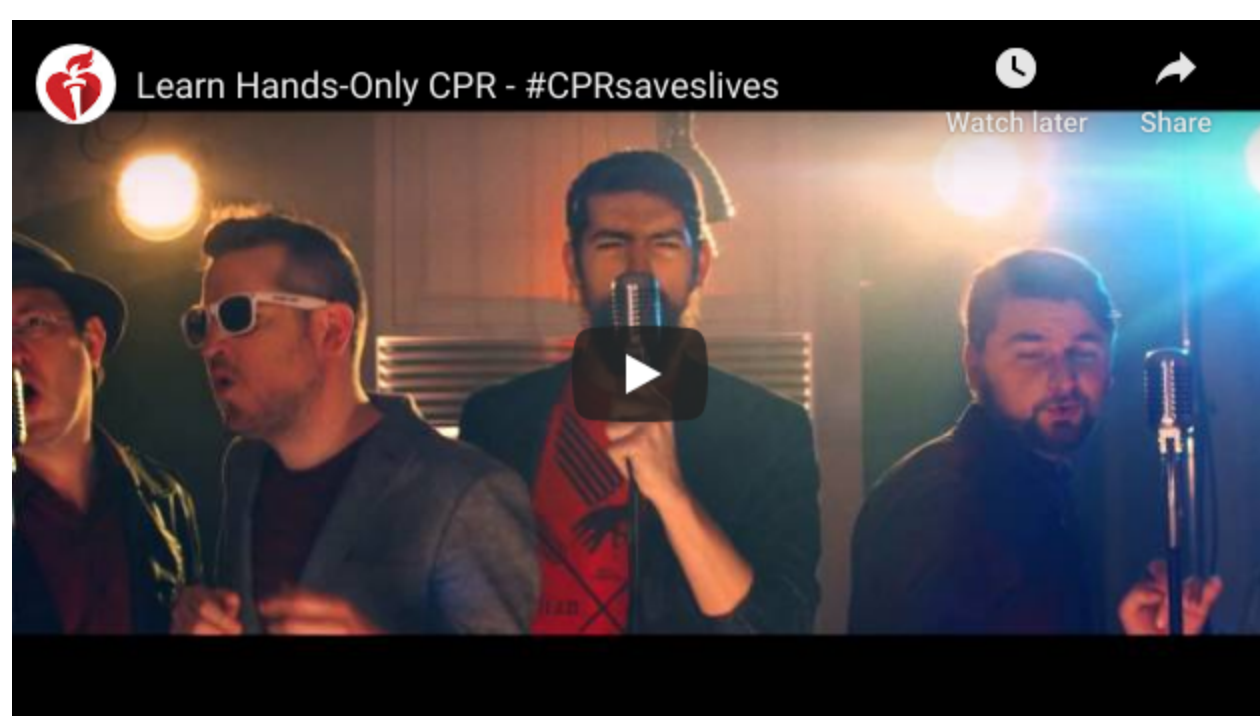


### Step 2: Push hard and fast in the center of the chest



The beat of "Stayin' Alive" is a perfect match for this, and research shows that people are more likely to remember the correct pace when trained to the beat of a familiar song.

## Watch and Learn...



SOURCE: HEART.ORG

To learn more about hands-only CPR and other life saving programs please contact the Victoria Fire Department at:

phone: 361-485-4350

e-mail: [vfd@victoriatx.gov](mailto:vfd@victoriatx.gov)

website: [www.victoriatx.gov/161/Fire-Department](http://www.victoriatx.gov/161/Fire-Department)