

Join the Nation of Lifesavers today!
Learn CPR. Save a Life.



You've Got This Hands-Down!

When it comes to cardiac arrest, Hands-Only CPR is just as effective in the first few minutes as conventional CPR at home, at work, or in public. Follow these 2 easy steps in order if you see a teen or adult suddenly collapse:

1 Call 911

The responder on the other end of the line can assist you while getting emergency help on the way.



2 Push

hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

