



# THAT HEART'S NOT GOING TO START ITSELF

DON'T BE AFRAID. GIVE CPR. SAVE A LIFE.

More than **350,000**

out-of-hospital cardiac arrests occur each year in the United States.

During cardiac arrest, immediate CPR can

**DOUBLE OR TRIPLE**

a person's chance of survival.



But currently, bystanders only perform CPR



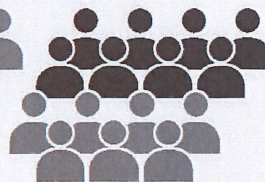
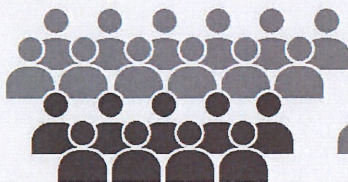
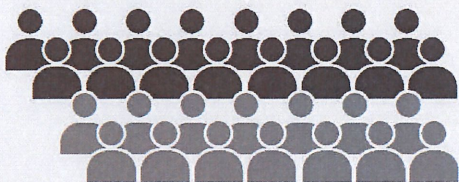
**46%** of the time.

In a nationwide online survey, respondents commented on why they did not perform CPR on someone in cardiac arrest despite having the opportunity to do so:

**31%** Afraid of legal ramifications

**24%** CPR is too complicated

**16%** I have not been trained to perform CPR



**28%** Afraid I might hurt the person

**18%** I did not feel confident performing the steps

**14%** I did not want to give rescue breaths

Source: 2016 Hands-Only CPR Research Tracking Study, American Heart Association. Published April 4, 2017

With hands-only CPR, it takes just

**2 STEPS TO SAVE A LIFE:**



**1.** Call 9-1-1



**2.** Push hard & fast

Learn more at [heart.org/cpr](http://heart.org/cpr)