

# CPR

## Two steps to save a life:



**Call Right Away!**

**Push Hard & Fast in  
the Center of the Chest!**

According to the American Heart Association, approximately 80% of cardiac arrests occur at home and about 92% of sudden cardiac arrest victims die before they reach the hospital. Getting help right away is crucial to survival. If more people knew CPR, more lives could be saved. Statistics show that immediate CPR can more than double a victim's chance of survival.

South Kingstown EMS offers two types of American Heart Association CPR training: Hands-Only™ CPR and BLS Certified CPR.

### **What is Hands-Only CPR?**

Hands-Only CPR, a life-saving technique anyone can learn, is CPR without mouth-to-mouth rescue breaths. Hands-Only CPR involves calling 911 and pushing hard and fast on the center of the chest. Hands-Only CPR is recommended for use on adults who suddenly collapse.

<https://international.heart.org/en/hands-only-cpr>

Take 60 seconds and watch the Hands-Only CPR video. Then share it with family and friends. Together we can help save more lives.

<https://www.youtube.com/embed/Cw1UelkQ7bg>

To receive further information on CPR training, please contact Captain Francesco Capaldi via e-mail @ [FCapaldi@skpd.org](mailto:FCapaldi@skpd.org).