Hearismart Kids



Learn Hands-Only CPR

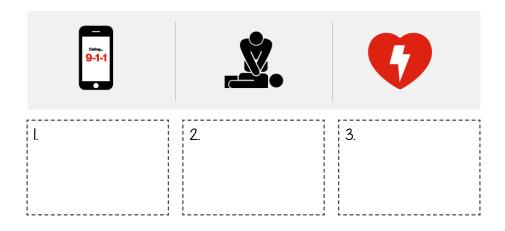
CPR, or Cardiopulmonary Resuscitation, is an emergency lifesaving procedure performed when the heart stops beating - it is a skill everyone can learn. Practice reciting the steps of Hands-Only CPR. After I hour, cover up the steps, and without looking, write down the steps below. Keep trying until you can remember them without looking back.



Hands-Only CPR



You can do this! Use what you've learned, now hidden above, and fill in the instructions below for each of the 3 steps:



If you see someone suddenly collapse or if they're unresponsive, you can save their life using your phone, your hands and your wits. Don't hesitate - you can't hurt, you can only help.

