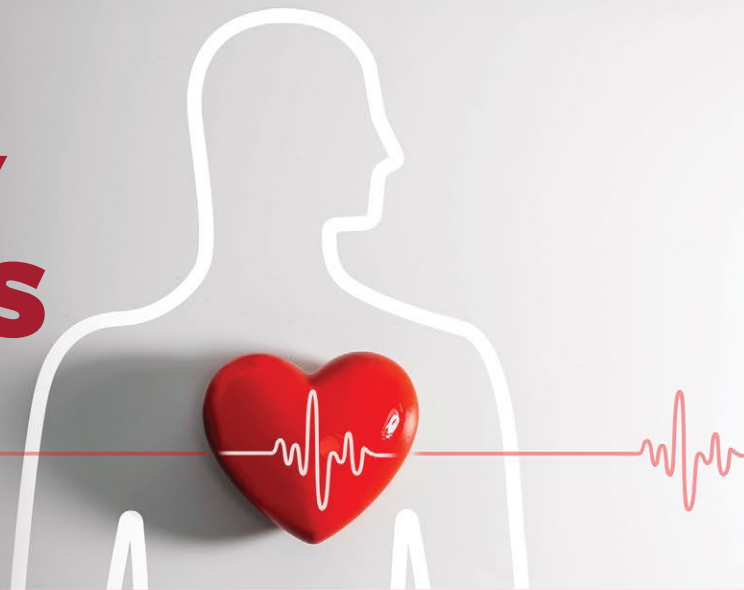


CPR: BE READY WHEN MINUTES MATTER



CPR keeps oxygen flowing to the body and increases the likelihood of surviving cardiac arrest.

WHAT ARE THE TYPES OF CPR?

Hand Only CPR: It involves calling 9-1-1, sending someone for the AED if available and then giving continuous chest compressions.

Full CPR with Rescue Breaths: It includes combinations of chest compressions and rescue breaths. Full CPR is ideal for all ages, and especially for people who are more likely to experience respiratory emergencies such as children and infants.



BENEFITS TO BEING CPR CERTIFIED

Emergencies Can Happen anywhere - When You Least Expect them: Cardiac arrest can happen at home, at school, at the gym, on an airplane, in the workplace. CPR is a critical skill that can help save a life when a person's breathing or heart stops.

Every Second Counts: While you should always call 911 first in the event of an emergency, it will take rescuers some time to arrive at the scene. For every minute without intervention, the chance of survival drops for a person experiencing sudden cardiac arrest. CPR can significantly improve someone's chance of surviving.

CPR Prevents Brain Damage: Someone who survives cardiac arrest can suffer permanent brain damage if there is insufficient blood flow and oxygen to the brain. CPR can prevent brain damage and death by keeping oxygenated blood moving throughout the body.