

# Learn CPR. It Could Help Save a Life!



Knowing how to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death. CPR can restore the flow of oxygen to the brain if the heart has stopped beating due to heart attack, drowning, electrical shock, suffocation, or a drug overdose.

## ***Learn to perform CPR correctly. Take a CPR training course to learn:***

- How to contact emergency medical help.
- How to use an automated external defibrillator (AED).
- How to give rescue breaths, compress the person's chest and when and how to do chest-compression only CPR. (It is important to push hard and push fast, giving 100 compressions a minute in cycles of 30 compressions for every 2 breaths.) **{Note:** Guidelines for CPR may change. Get updates for CPR and find out where you can learn how to perform it from the American Heart Association at [www.americanheart.org](http://www.americanheart.org).}

You can also call your local chapter of the Red Cross or your local hospital to find out where you can learn CPR.