

## Revive & Survive San Diego: A Million Chances to Save a Life

Get Trained in Hands-Only CPR Today!

### What is CPR?

Cardiopulmonary Resuscitation (CPR) is something you can do to help save the life of someone whose heart has stopped beating (cardiac arrest). There are about 350,000 cardiac arrests that happen outside of the hospital in the U.S. each year. Each moment without CPR is another moment that someone does not have blood flowing through parts of the body, including the lungs, brain, and the heart itself.

### Hands-Only CPR in 2 Steps



Call 9-1-1 if you find someone not breathing and without signs of life



Push hard and fast on the person's chest to the beat of a familiar song (between 100-120 beats per minute).

Some songs between 100-120 beats per minute include, "Stayin' Alive," by the Bee Gees, "Can't Stop the Feeling!" by Justin Timberlake, and "Love Story (Taylor's Version)," by Taylor Swift. Visit the American Heart Association's "Don't Drop the Beat" playlist on Spotify for a list of over 100 songs to help you keep the beat.

### Why is early hands-only CPR important?

By doing early hands-only CPR on someone without a heartbeat, you are pumping blood around his/her body until more advanced rescuers can arrive. For each minute that CPR is delayed, there is about a 10% decline in the chance of survival. The chances of someone surviving a cardiac arrest and living a normal life again depend on receiving good-quality, early CPR from bystanders.

### How can I learn hands-only CPR?

Hands-only CPR is something that nearly everyone can learn in just a few minutes. Visit our website for a full list of free training opportunities in your area.

[revivesurvive.ucsd.edu](https://revivesurvive.ucsd.edu)