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CATHOLIC HEALTH INITIATIVES®

Saint Elizabeth
Regional Medical Center



open &
learn how

you
can
save
a life

Hands-Only™ CPR

if you see a teen or adult...



**SUDDENLY
COLLAPSE!**

push hard and fast in the...



**CENTER OF
THE CHEST**

no mouth to mouth

call 911!



do this first!

to the beat of...



STAYIN'

ALIVE
by The Bee Gees

about 100 bpm

YOUR ACTIONS CAN SAVE A LIFE