American Heart Association.
Go Red for women.

WORLD RESTART A HEART DAY
OCTOBER 16, 2020
HANDS-ONLY CPR DIGITAL TRAINING

Hands-Only CPR

1. Call 9-1-1
2. Push hard and fast in the center of the chest

Free World Restart A Heart Day Digital Hands-Only CPR Training

Friday, October 16, 2020 – 11AM
Facebook Live Event
facebook.com/@AHASanDiego
Training in English and Spanish

World Restart a Heart Day is a global initiative to increase awareness about the importance of bystander CPR.

Each year, more than 350,000 out-of-hospital cardiac arrests occur in the US. About 90% of people who suffer out of hospital cardiac arrest die. Research shows that CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

This World Restart a Heart Day Digital Hands-Only CPR Training is brought to you by

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