

# SAVE A LIFE

Did you know

**CARDIAC ARREST**

**KILLS 1 PERSON**

**EVERY 2 MINUTES.**

**WITHOUT  
CPR**

**92%  
DIE**

**BEFORE  
MAKING IT  
TO THE  
HOSPITAL.**

**EVERY MINUTE WITHOUT CPR**

**THE SURVIVAL  
RATE  
DECREASES  
BY  
10%.**

## LEARN HANDS-ONLY™ CPR

[heart.org/handsonlycpr](http://heart.org/handsonlycpr)

**If you see a teen or adult suddenly collapse,  
STEP 1:**

**CALL AN  
AMBULANCE.**



**ST. JOHN: 0721225285/(020)2210000/  
(020)2244444/(020)343999**

**E-PLUS (KENYA RED CROSS): 1199 (any phone)**

## STEP 2:

**PUSH HARD & FAST  
ABOUT TWICE EVERY  
SECOND.**



Breast  
bone  
(sternum)



Chest compressions  
are performed  
between the nipples



[www.emergencymedicinenkenya.org](http://www.emergencymedicinenkenya.org)