

# HANDS-ONLY CPR

## It SAVES Lives

**TWO Easy Steps:**

**1**  
**CALL 9-1-1**

**2**  
**PUSH HARD AND FAST  
ON CENTER OF THE CHEST**

**NO MOUTH-TO-MOUTH • BE A HERO. • LEARN HANDS-ONLY CPR.**



HANDS ONLY CPR  
IS ENDORSED BY THE  
AMERICAN HEART  
ASSOCIATION

HONOLULU EMERGENCY  
SERVICES DEPARTMENT

