

# 2 STEPS TO WAKE UP THE HEART



- 1 - CALL 9-1-1**
- 2 - BEGIN CPR**

Anyone can learn CPR and everyone should. It's easy to learn and can save lives.

Given properly and immediately, CPR improves a victim's chance of surviving a sudden cardiac arrest.

Cardiopulmonary resuscitation (CPR) is a lifesaving technique useful in many emergencies, including sudden cardiac arrest, in which someone's breathing and/or heartbeat has stopped.



**CPR/AED - GET TRAINED AND SAVE A LIFE!!**



**American  
Red Cross**

Sign up for Red Cross training courses to get certified in First Aid, CPR and using Automated External Defibrillators (AEDs).  
For more information contact Kelley Parker at (937) 751-0864 • [www.redcross.org/cpr](http://www.redcross.org/cpr).



**Do you need a CPR manikin for your  
non-profit organization?**



The Greater Cincinnati Automobile Dealers Association in partnership with the NADA Charitable Foundation, donates CPR manikins to area non-profit organizations who provide CPR/AED training. Scan the QR code for more information or visit our website at [www.gcada.net/cpr](http://www.gcada.net/cpr).