

## Hands Only CPR



Most people who experience [cardiac arrest](#) at home, work or in a public location die because they don't receive immediate [CPR](#) from someone on the scene. As a bystander, don't be afraid. Your actions can only help.

When calling 911, you will be asked for your location. Be specific, especially if you're calling from a mobile phone as that is not associated with a fixed address. Answering the dispatcher's questions will not delay the arrival of help.

### How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "[Stayin' Alive](#)." CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR.

Click [here for CPR/AED & First Aid classes at CPR Lifeline](#) OR [Tualatin Valley Fire and Rescue](#)

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