

# Stayin' Alive!

## Hands-Only CPR Trainings Offered

September 22, Noon-2pm

During the Colestin Rural Fire District Community BBQ

Hilt Church in Hilt, CA

*Free 10-minute CPR Hands-Only training sessions will be offered during the Community BBQ. Training includes a free CPR Anytime Kit to take home to share this important life-saving information with loved ones.*

Over 90% of cardiac arrest victims do not survive. We can change that in our community. Cardiopulmonary Resuscitation (CPR) is a simple skill that can help you save a life.

CPR can make all the difference in the world to a loved one, friend, or co-worker. Learn CPR and learn how you can help save a life.

### Two steps to Staying Alive with Hands-Only CPR

1. Call 9-1-1
2. Push hard and fast in center of chest to beat of Stayin' Alive by the Bee Gees

Click link to view Stayin' Alive video [www.youtube.com/handsoncpr](http://www.youtube.com/handsoncpr)

