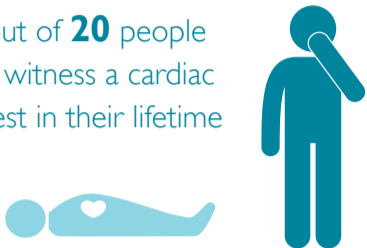


I can save a HEART

1 out of 20 people will witness a cardiac arrest in their lifetime

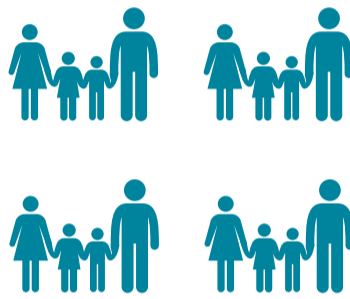


50% of all cardiac arrests are witnessed by a bystander



70% of cardiac arrests happen at home

1 out of 10 couples will experience a cardiac arrest



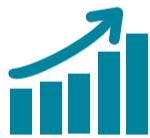
And 1 out of 5 families experience a cardiac arrest

After 10 minutes, few survive

To increase the chance of survival, you need to provide quality CPR in the first minutes after a cardiac arrest



It takes practice



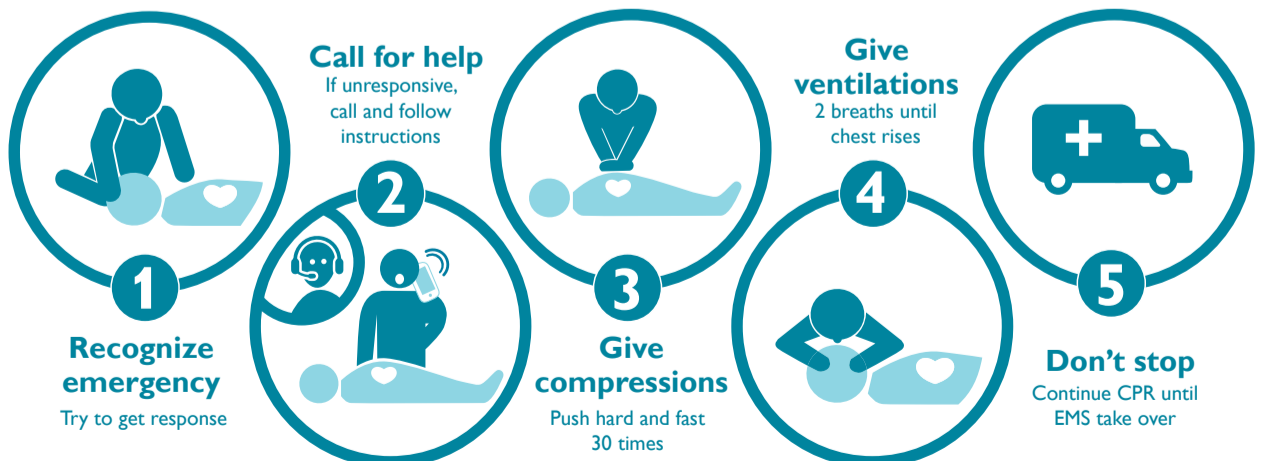
Practice until you perform high quality CPR



Keep practicing to maintain your skills

Would you know what to do if someone's heart suddenly stopped?

I can save a heart



Learn more about how to prepare for Sudden Cardiac Arrest visit laerdal.com/restartaheart