



American  
Heart  
Association.



## CPR Playlist

The songs on this list are between 100 - 120 beats per minute, the same rate at which you should perform compressions when administering CPR.

Stayin' Alive – Bee Gees

Adventure of a Lifetime – Coldplay

Can't Stop the Feeling – Justin Timberlake

Uptown Funk – Mark Ronson, Bruno Mars

Just a Girl – No Doubt

More Than A Feeling – Boston

Eye of the Tiger – Survivor

Grenade – Bruno Mars

Rolling in the Deep – Adele

Take a Chance on Me – ABBA

Ice Ice Baby – Vanilla Ice

Rhythm Nation – Janet Jackson

Whenever, Wherever – Shakira

Getting' Jiggy Wit It – Will Smith

Under Pressure – Queen

Paparazzi – Lady Gaga

Jolene – Dolly Parton

## HANDS-ONLY CPR

# 2 STEPS TO SAVE A LIFE



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.