



**BE READY TO
SAVE A LIFE**

with
Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross 30-minute class.

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared.

When you immediately provide Hands-Only CPR, you can increase the chance of survival.

To learn more or sign-up for a free 30-minute class, please contact:

Lt. Qsun Ma - Muskegon Heights Fire Department
Qsun.ma@mcd911.net or 231-733-8890
May 28, 2025 at 6pm

You can get started today, by watching a free video tutorial at redcross.org/handsonly



**American
Red Cross**