



American Heart Association®



2 STEPS TO SAVE A LIFE



#LEXSAVELIVES

Thanks to a collaboration between the American Heart Association and Lexington Fire Department, you can now learn Hands-Only CPR any time by visiting any of the 24 fire stations in Lexington!

Visit lexingtonky.gov/fire-station-locations for a list of station locations

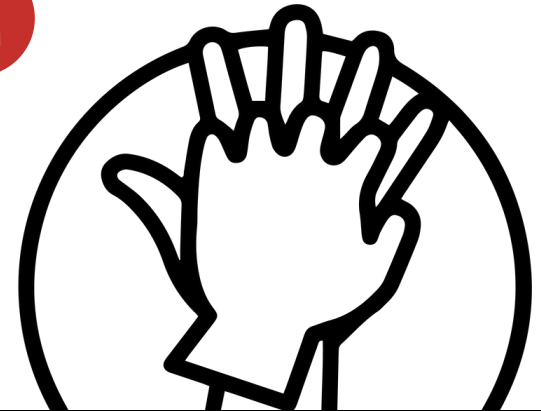
To schedule groups of 10 or more, e-mail ldf-communityservices@lexingtonky.gov

1



Call 911 if you see a teen or adult suddenly collapse

2



Push hard and fast in the center of the chest at 100-120 bpm

JUNE IS NATIONAL CPR AND AED AWARENESS MONTH

The **first 500 people** to stop by a fire station to learn Hands-Only CPR, snap a CPR selfie, and post on social media using the hashtag **#LEXSAVELIVES** will receive a FREE T-shirt!*

Tag **@HeartKentucky** and **@LexingtonFire** and share your posts with us!



*A limited number of sizes are available at each station and will be available on a first-come, first-serve basis.