



American
Heart
Association®



Black History Month 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.

Rock Steady – Aretha Franklin

Motownphilly – Boys II Men

Work from Home – Fifth Harmony, Ty Dolla \$ign

Needed Me – Rihanna

Cuff It – Beyonce

About Damn Time – Lizzo

Getting' Jiggy Wit It – Will Smith

Rhythm Nation – Janet Jackson

Can't Get Enough of Your Love, Babe – Barry White

Kiss – Prince & The Revolution

Respect – Aretha Franklin

Rapper's Delight – Sugar Hill Gang

All Night Long – Lionel Richie

Bonfire – Childish Gambino

Rock With You – Michael Jackson

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.