February Cut-outs

UCI Worklife & Wellness
Why know your numbers?

Knowing your numbers in key health areas can show you how healthy you are, and where there might be potential warning signs. Participating in our bio-screening event can provide you with a snapshot of your health and alert you to areas of concern.
CPR is as easy as C-A-B

**Compressions**
Push hard and fast on the center of the victim's chest

**Airway**
Tilt the victim's head back and lift the chin to open the airway

**Breathing**
Give mouth-to-mouth rescue breaths

American Heart Association
Learn and Live