

# Hands-only CPR\*

Three steps you can handle



**Phone 9-1-1  
and shout  
for an AED.**



**Push hard and  
fast in the centre  
of the chest.**



**Use an  
AED if  
available.**

If you see someone suddenly collapse or if they're unresponsive, you can save their life using your phone, your hands and your wits.

**Don't hesitate – you can't hurt, you can only help.**

**[heartandstroke.ca/cpr](http://heartandstroke.ca/cpr)**

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