

Hands-Only CPR*

Three steps you can handle.



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

Don't delay – ACT!

**If no one is around,
use your mobile phone
on speaker mode
to call 9-1-1.**



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

**Think of the beat of
Stayin' Alive or about
100-120 beats per minute.**

**Don't stop until help
arrives or the person
begins to respond.**



**Use an
AED if
available.**

**AEDs are safe
and simple to use.
Turn it on and
follow the voice
instructions.**

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



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