

CPR

3 steps you can take to help save a life

Every second counts in a **cardiac arrest**.

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

1



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

Put your phone on speaker so you can follow instructions from 9-1-1 or your local emergency number.

If others are nearby, ask someone to get the nearest AED (defibrillator).

2



**Start CPR
right away.**

Push hard and fast in the centre of the chest at about 100 to 120 beats per minute, similar to the beat of songs like *Stayin' Alive* or *Baby Shark*.

Give 2 breaths, if willing, after every 30 compressions, especially in emergencies involving children and infants.

Keep going until help arrives, an AED is ready, or the person starts to respond.

3



**Use an AED
as soon as one
is available.**

An AED is safe and easy to use. Turn it on and follow the voice instructions. An AED will only deliver a shock to the heart if it's needed.

If you witness a cardiac arrest, in most cases it will be someone you know: a family member, friend or coworker. If someone is unconscious and not breathing or not breathing normally, **take quick action and follow these 3 steps.**

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