Remember, say to yourself: “I’ve been trained. I can do this.”

1. Take charge and check for hazards.
2. Not responsive? Not breathing (or only occasional gasp)?
   - CALL 911. Send for AED.
3. Give 30 compressions. Push hard and fast in centre of chest between the nipples (compress at least 5 cm at a rate of 100-120/minute).
4. Open airway (head-tilt chin lift).
   - Give 2 breaths.
   - Continue CPR with 30 compressions / 2 breaths until AED arrives or EMS takes over.
5. When AED arrives, turn it on.
   - Apply pads to bare chest.
   - Follow voice prompts.

The ACT Foundation is the national charitable organization that is establishing CPR and defibrillator training programs in high schools across Canada. ACT’s National Health Partners are AstraZeneca Canada, Sanofi Canada and Amgen Canada.

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CPR steps based on the 2015 Heart and Stroke Foundation and AHA Guidelines for CPR and ECC.