

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.**

**Apply 100 to 120 beats per
minute by thinking of the
beat of songs like *Stayin'
Alive*, *Running Up That Hill*
or *Crazy in Love*.**

**Don't stop until help arrives,
an AED is found, or the
person begins to respond.**



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

**An AED is safe and
simple to use. The
device delivers an
electrical shock
to the heart, only if
needed. Just turn
it on and follow the
voice prompts.**

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

