





Learn Hands-Only CPR

CPR, or Cardiopulmonary Resuscitation, is an emergency lifesaving procedure performed when the heart stops beating - it is a skill everyone can learn. Practice reciting the steps of Hands-Only CPR. After 1 hour, cover up the steps, and without looking, write down the steps below. Keep trying until you can remember them without looking back.







Hands-Only CPR

 <p>Phone 9-1-1 and shout for an AED.</p>	 <p>Prevent contamination by laying a cloth, towel, or clothing over the mouth and nose.</p>	 <p>Push hard and fast in the centre of the chest.</p>	 <p>Use an AED if available.</p>
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You can do this! Use what you've learned, now hidden above, and fill in the instructions below for each of the 4 steps:

			
1.	2.	3.	4.

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.