

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.




Here are some examples of the word for **heart** in Indigenous languages:

Mikmaq: **kamlamunikk**


Michif: **keur**

Cree: **mitih**




Hands-Only CPR

		
Phone 9-1-1 and shout for an AED.	Push hard and fast in the centre of the chest.	Use an AED as soon as one is available.

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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 3 steps:

		
1. <div></div>	2. <div></div>	3. <div></div>

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.