





## Teach others 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. Knowing Hands-Only CPR so you can help quickly in an emergency is half the battle. The other part is making sure your friends and family also know the steps so they can act fast too.




Learn Hands-Only CPR:

# Hands-Only CPR

			
<p><b>Phone 9-1-1 and shout for an AED.</b></p>	<p><b>Prevent contamination by laying a cloth, towel, or clothing over the mouth and nose.</b></p>	<p><b>Push hard and fast in the centre of the chest.</b></p>	<p><b>Use an AED if available.</b></p>

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**You're ready to go!** Use what you've learned above to teach friends and family members the steps of Hands-Only CPR. Keep track of who you taught below:

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Thank you for sharing your knowledge and teaching others!