

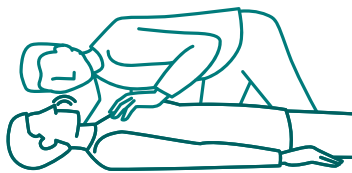
CPR (Cardio Pulmonary Resuscitation)



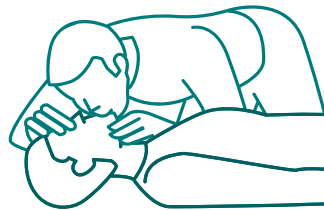
1 Call emergency number



2 Check Vital Signs



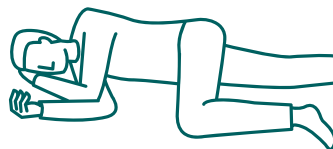
3 Check breathing



4 Give rescue breaths



5 Perform CPR



6 Turn on side

WHERE TO FIND AN ACCREDITED CPR COURSE:

We encourage you to get formal CPR training. Choose an organization with a known name for example, Red Cross, St John's or another reputable source.

Ask your health care professional or friends for recommendations.

Canadian Red Cross

redcross.ca/in-your-community/ontario/first-aid-and-cpr

St. John's Ambulance

sja.ca/English/courses-and-training/Pages/default.aspx

PLEASE NOTE: This guide, as well as the CPR video, is a reminder of the skills needed to perform CPR on an adult and is Not a replacement for an accredited CPR course.