



# ACT High School CPR & AED Program

REVIEW STEPS

1

Remember, say to yourself:  
***"I've been trained. I can do this."***<sup>®</sup>

Take charge and check for hazards.

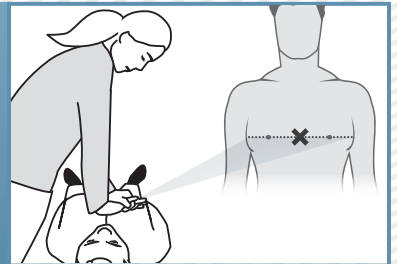
2

Not responsive? Not breathing (or only occasional gasp)?  
CALL 911. Send for AED.



3

Give 30 compressions. Push hard and fast in centre of chest between the nipples (compress at least 5 cm at a rate of at least 100/minute).



4

Open airway (head-tilt chin lift).  
Give 2 breaths.  
Continue CPR with 30 compressions / 2 breaths until AED arrives or EMS takes over.



5

When AED arrives, turn it on.  
Apply pads to bare chest.  
Follow voice prompts.



The **ACT Foundation** is the national charitable organization that is establishing CPR and defibrillator training programs in high schools across Canada. ACT's National Health Partners are AstraZeneca Canada, Pfizer Canada, and Sanofi.

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CPR steps based on the 2010 Heart and Stroke Foundation and AHA Guidelines for CPR and ECC.