




# CPR Reference Guide

## Reduce your Risk

- ♥ Be physically active every day
- ♥ Follow Canada's Food Guide for Healthy Eating
- ♥ Live smoke free
- ♥ Learn to manage stress
- ♥ Maintain a Healthy Weight

## CPR Steps:

	<p><b>Call 9-1-1</b></p>
	<p><b>Tilt head, lift chin, check breathing</b> <b>Give 2 breaths</b></p>
	<p><b>Position hands in the centre of chest</b> <b>Firmly push down 2 inches on the chest 30 times</b></p>
<p><b>Continue with 2 breaths and 30 pumps until help arrives</b></p>	

**Learn to help save the life of someone you know in a CPR course. Retrain annually. Call 613 580-6744 for information or for a list of CPR courses [ottawaheartbeat.com/heartsaver](http://ottawaheartbeat.com/heartsaver)**



**CPR Reference Guide/English 10/06**  
Available in Amharic, Arabic, Cambodian, Chinese, Somali, Spanish and Vietnamese.