To learn about how to receive CPR certification or find out about CPR courses, contact:

Peel Paramedic Association
peelparamedics.ca

Heart and Stroke Foundation of Ontario
Heartandstroke.ca

St. John Ambulance
sja.ca

Canadian Red Cross
redcross.ca

Scan with smartphone
CPR – What To Do

1. Check if the person is responding to you or breathing
2. Call 911
3. Push hard and fast 100 times per minute in the centre of the chest