

# Participation Certificate

## CPR/AED & Basic First Aid Awareness

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Action First Aid.ca

1-866 FIRST AID (347-7824)

# CPR Instructions

Determine unresponsiveness. Call 911. Send for an AED.

### A - Open Airway

### B - Check Breathing

Look for normal breathing  
(no gasping)

### C - Compress

30 compressions: 2 breaths

**PUSH HARD**  
**PUSH FAST!**

Allow for full chest recoil