



Mediquest Technologies offers AED PROGRAMS - equipment, training, and medical oversight for business and communities.

A Simple Step that Saves Lives

Survival with CPR alone is less than 5%*



Survival with CPR and defibrillation can be greater than 70%*

*Heart and Stroke Foundation of Canada

Cardiopulmonary Resuscitation (CPR — Adult, no spinal cord injury suspected)



Call the first aid attendant, if available, then follow these steps.

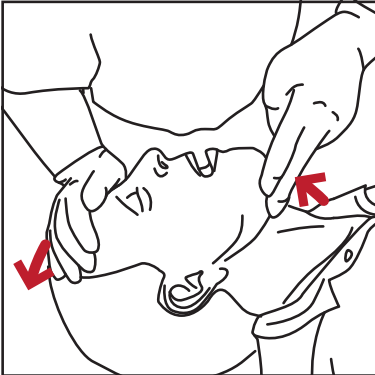


Ensure the scene is safe.



Check responsiveness. If unresponsive, call for help & an automated external defibrillator (AED), if available.

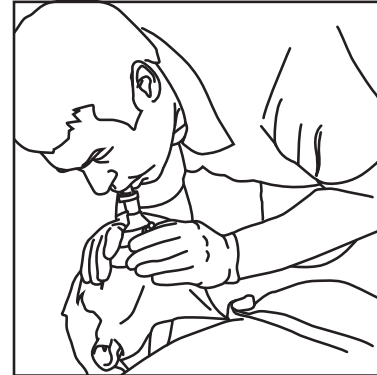
Airway and breathing



Open airway by pushing back on forehead and lifting chin.

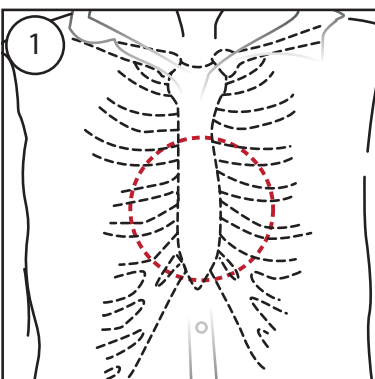


Check breathing.

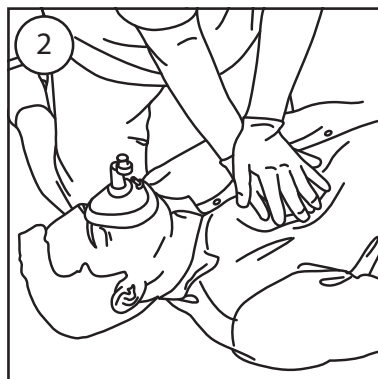


If not breathing, pinch nose & seal airway (using mouth, or a pocket mask, if available). Give 2 full breaths.

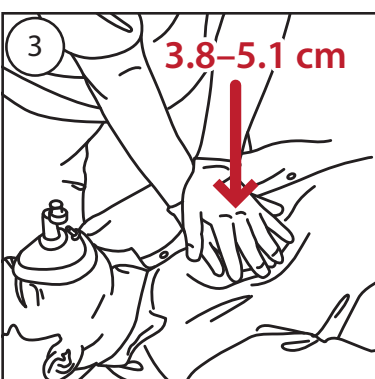
Chest compressions



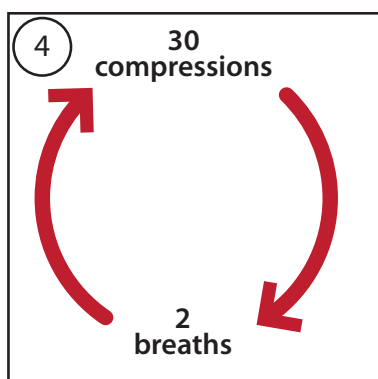
Place hands in the centre of chest.



Position shoulders directly over hands, keeping elbows locked.



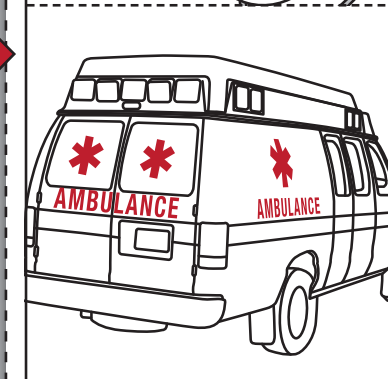
Compress firmly & quickly, pushing down 3.8-5.1 cm (1 1/2"-2").



After 30 compressions, give 2 breaths.



If available, use an AED as soon as possible.



If AED is not available, continue cycles of 30 compressions & 2 breaths until help arrives.

WORK SAFE BC
WORKING TO MAKE A DIFFERENCE

These instructions incorporate standards of the Heart & Stroke Foundation of Canada. Thanks to MediQuest Technologies Inc. for providing the original photos used as reference for these images.

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