

Cardiopulmonary Resuscitation (CPR) & Naloxone Workshop

Workshop Objectives

1. Teach people without first aid / medical knowledge the essentials to save a life.
2. Review and practice techniques for people with first aid/medical knowledge, during the validity of their First Aid / CPR certificate. (Does not replace complete training to be repeated every 3 years).



An initiative from



in partnership with



(Formation en secourisme Lucie Normandeau)

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The right moves...



...at the right time

Learn simple steps that could save a life, in just 45 minutes

Someone is choking...

1. Give 5 back blows between the shoulder blades, then 5 abdominal thrusts, or 5 chest compressions



2. Alternate between the 3 techniques.

3. If the person becomes unconscious, Call Emergency Services



Someone is unconscious, not breathing...

1. Call Emergency Services



2. Give chest compressions to a depth of 5 cm, at a rate of 100 to 120 compressions per minute



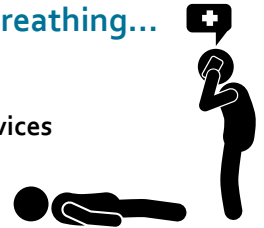
3. If you have access to a defibrillator, turn it ON, place the electrodes as shown and follow the prompts



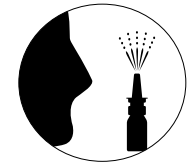
The right moves...

Someone is unconscious and barely breathing...

1. Call Emergency Services



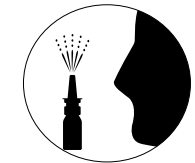
2. Spray Narcan in one nostril



3. Start CPR

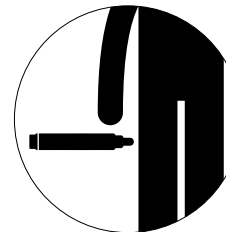


4. If necessary, repeat the Narcan spray in the other nostril



Someone is having a severe allergic reaction, is having difficulty breathing and could be swollen...

1. Use an epinephrine auto-injector



2. Call Emergency Services



...at the right time

