

Only 1 in 10 survive a cardiac arrest.

WE CAN BEAT THAT



**RESTART A
HEART DAY**
OCTOBER 16

RESTART A HEART IN **3** SIMPLE STEPS!

1. Call 000

2. Push

3. Shock



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1. CALL 000

Make sure it is safe to approach:

- Check for any response from the victim
- Tilt the head back, lift the chin and check breathing
- If breathing is absent or not normal, CPR is needed
- Call 000 and follow their instructions
- If someone is there to help, ask them to call 000 for you, and fetch an AED if possible.



2. PUSH

- Place both hands in the centre of the chest
- Compress the chest to the rhythm of "Stayin' Alive"
- If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise push the chest continuously
- Push hard. Don't worry, you can't do any harm.



3. SHOCK

- If an AED arrives, switch it on immediately and follow the instructions.

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