

**ALL CITIZENS**  
of the world  
can **SAVE** a life



**16 OCTOBER**

World Restart a Heart Day

raising cardiac arrest awareness



## 1. CHECK

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



## 2. CALL

- Call 112 and follow their instructions.
- If someone is there to help, ask them to call 112 for you, and let them fetch an AED
- Cardiac compressions are most important for survival. Do not delay or interrupt cardiac compressions



## 3. COMPRESS

- Place both hands in the centre of the chest
- Compress the chest 5 to 6 cm 100-120 times / min to the rhythm of “Stayin’Alive”
- If you learned how to do it, provide 2 rescue breaths between every 30 compressions, otherwise pump the chest continuously
- Push hard and fast. Don’t worry, you can’t do any harm
- If an AED arrives, switch it on immediately and follow the instructions
- Once the emergency services arrive, continue until you are told to stop
- Well done! Doing something saves lives and is ALWAYS better than doing nothing.

An initiative by



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