ALL CITIZENS

of the world can **SAVE** a life

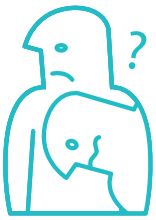


16 OCTOBER

World Restart a Heart Day

raising cardiac arrest awareness

If you find someone unconscious and not responding normally, assume the heart has stopped beating and the person is in cardiac arrest.



Follow these steps and you could help save a life.

1. CHECK

- Check for safety before taking action.



2. CALL

- Call 112 - The dispatcher will help you to check for breathing and will give you instructions until the ambulance arrives.



3. COMPRESS

- Don't wait for help to arrive. Start CPR immediately. You are the best chance of saving this life.
- Chest compressions keep the blood flowing which keeps the brain alive.
- Push hard and fast in the middle of the chest.
- If willing and able, deliver 2 rescue breaths for every 30 compressions. Don't stop until help arrives.
- Do not leave the patient or interrupt CPR.
- If an AED is available, send someone else to get it, but don't wait for an AED to start CPR. During ongoing CPR, attach it, turn it on and follow the prompts.
- CPR must always be started as soon as possible.
- **Remember: Check for safety. Call for help. Start CPR immediately**
- **Use an AED if available and others can fetch it. Keep doing CPR until help arrives.**
- **"Your two hands can save a life.**

An initiative by

EUROPEAN RESUSCITATION COUNCIL
www.erc.edu

ILCOR

WWW.ILCOR.ORG/WRAH
#WORLDRESTARTAHEART