



Together we can save lives

Is someone **Unconscious?**
Is someone **not breathing normally?**

It's time to act! Seconds count. It's up to all of us
to learn how to save a life in **3 simple steps:**

1

Call

Call Triple Zero (000) now.
The call taker will talk you
through CPR and using
a defibrillator (AED).



2

Push

Push on the chest between
the nipples.

PUSH HARD. PUSH FAST.



3

Shock

If available, turn on the
defibrillator (AED) and
follow the instructions.

