



# 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.

