

Society saving lives



16 OCTOBER 2017
EUROPEAN RESTART A HEART DAY

raising cardiac arrest awareness

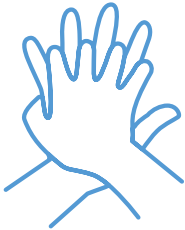
WWW.RESTARTAHEART.EU #restartaheart



1. CALL

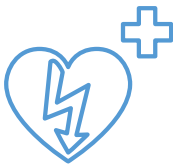
Make sure it is safe to approach:

- 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 112 and follow their instructions.
- If someone is there to help, ask them to call 112 for you, and fetch an AED if possible



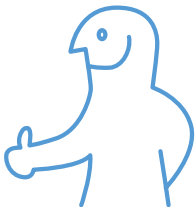
2. PUMP

- 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 pump 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



4. SMILE

- Once the emergency services arrive, continue until you are told to stop
- Smile! Your hands could restart a heart and save a life
- Doing something is ALWAYS better than doing nothing
- Well done!

An initiative by



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RESUSCITATION
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