



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 111 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



0800 233 342

www.heartsaver.co.nz

 **HeartSaver**
AED | FIRST AID | TESTING | TRAINING