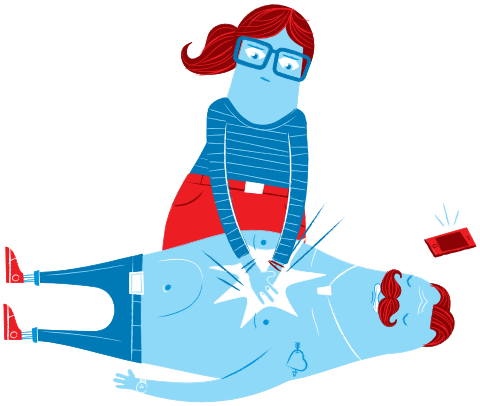
Call Push Shock

If someone is unconscious and not breathing normally, its 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.**

Ambulance Victoria | Heart Foundation