

# Together we can save lives!

If someone is...

**unconscious? 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.**

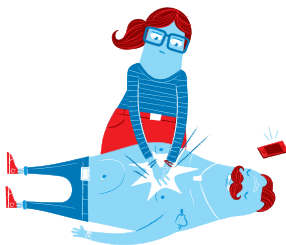
The call taker will talk you through CPR and using a defibrillator (AED).



## 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.**



**Ambulance  
Victoria**



Ambulance Victoria and Heart Foundation  
working with communities to save lives.



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**Share this information with  
family and friends!**

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