

# RESTART A HEART DAY

OCTOBER 16

SECONDS COUNT IN A CARDIAC ARREST

CALL  
PUSH  
SHOCK



DATE:

WHERE:

RESTART A HEART IN 3 SIMPLE STEPS!

1. Call 111

2. Push

3. Shock



[restartaheart.co.nz](http://restartaheart.co.nz)

#restartaheart