

Call, Push, Shock

A cardiac arrest is not a heart attack. A person in cardiac arrest will be unresponsive and not breathing normally.

For someone in cardiac arrest, every minute counts. If you think someone is in cardiac arrest, follow Call, Push, Shock:



Call Triple Zero (000)

Call emergency services immediately. The operator will guide you through CPR and how to use an AED.



Push – start CPR

Press hard and fast in the centre of the chest (100–120 compressions per minute). Do not stop until help arrives or an AED becomes available.



Shock – use an automated external defibrillator (AED)

- ✓ Apply an AED as soon as possible.
- ✓ AEDs provide clear voice instructions—no training is needed to use one.
- ✓ You cannot harm the person—the AED will only deliver a shock if necessary.

Remember, any attempt at resuscitation is better than none.

Scan to learn more about cardiac arrest



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