Irish Heart Foundation
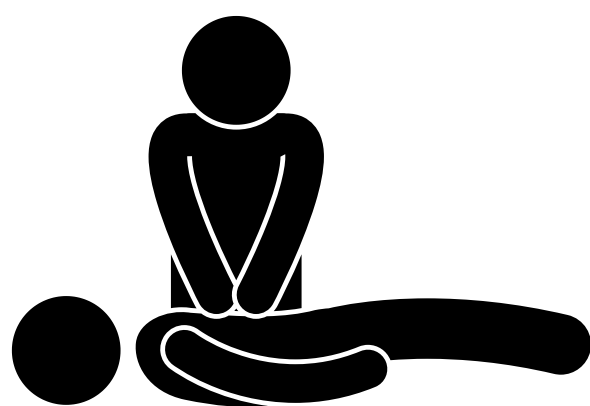
How to save a life

For more information visit www.irishheart.ie

1. Call
112 or 999

2. Push
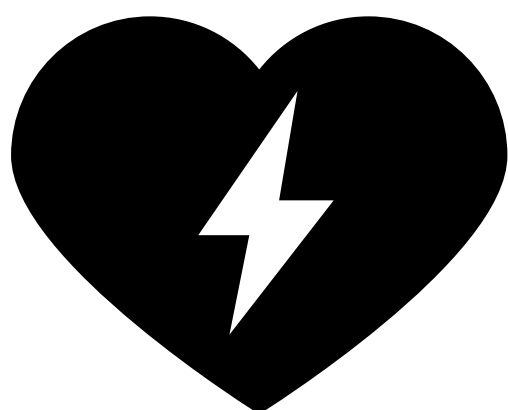**Hard and fast on the chest**

3. Shock
Use a defibrillator or AED if one is nearby

Information