Irish Heart Foundation
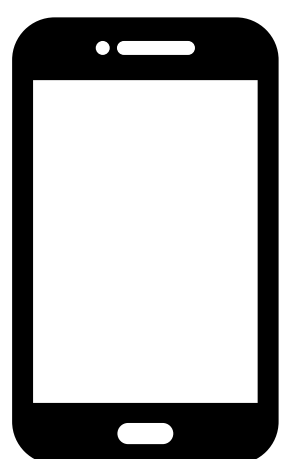The National Stroke & Heart Charity
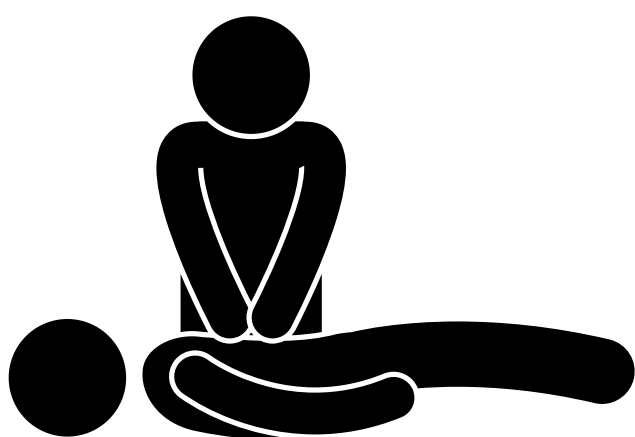
How to save a life

1. Check
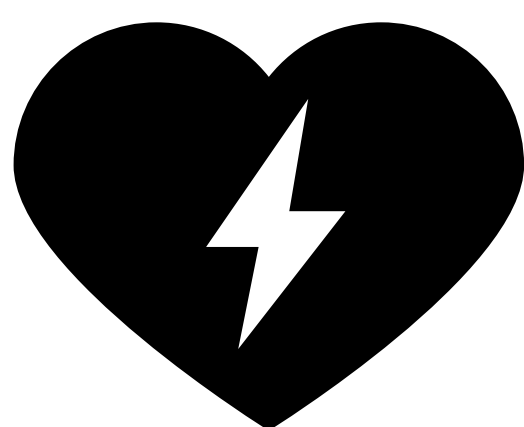**Is the person responding or breathing normally**

2. Call
112 or 999

3. Push
Hard and fast on the centre of the chest

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

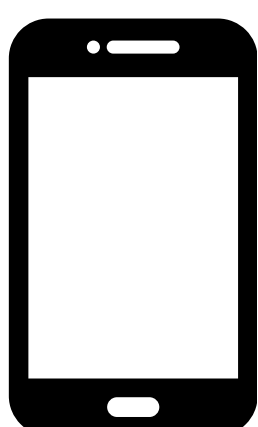## For more information visit www.irishheart.ie

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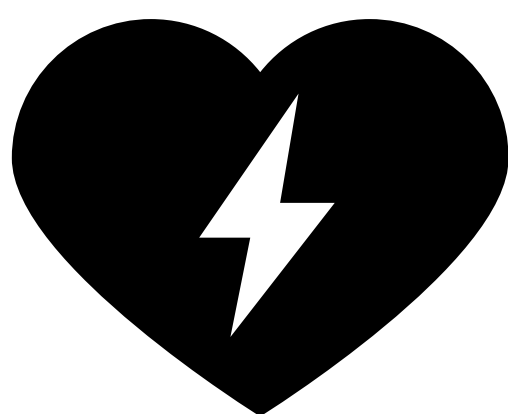**Is the person responding or breathing normally**

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Information