

**ALL CITIZENS**  
of the world  
can **SAVE** a life



**16 OCT 2021**  
World Restart a Heart day

**TWO STEPS TO SAVE A LIFE**

**1** Call an ambulance

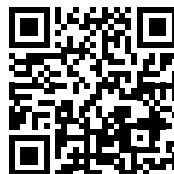


**2** Push hard & fast in the center of the chest



Learn more at

[heartandstroke.in/hands-only-cpr/](http://heartandstroke.in/hands-only-cpr/)



**Heart and  
Stroke  
Foundation.**

**India**

A subsidiary of the  
American Heart Associat