Australian Resuscitation Council

World Restart a Heart

16 October | Everyone can learn the simple steps to help save a life: Call. Push. Shock.

World Restart a Heart Day is held every year on 16 October to raise awareness of cardiac arrest and the life-saving importance of cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs). The Australian Resuscitation Council encourages all Australians to build the confidence to recognise a cardiac arrest, call Triple Zero (000), start CPR and use an AED if one is available.

Why it matters

Sudden cardiac arrest can happen to anyone, anywhere and at any age. When someone is in cardiac arrest, every minute matters. Early action by people nearby can help give a person the best possible chance of survival before emergency services arrive.

Learn the three simple steps to save a life

- **Call:** Call Triple Zero (000) immediately and follow the operator's instructions.
- **Push:** Start CPR by pushing hard and fast in the centre of the chest.
- **Shock:** If an AED is available, turn it on and follow the voice prompts.

What you can do

- Learn or refresh your CPR skills through a recognised training provider.
- Find out where AEDs are located at your workplace, school, sporting club or community venue.
- Share World Restart a Heart Day messages with your family, friends and networks.
- Host a CPR awareness activity or demonstration on or around 16 October.
- Encourage your organisation to make AED access visible, maintained and easy to find.