



# RESTART A HEART

## ACTIVITY BOOK

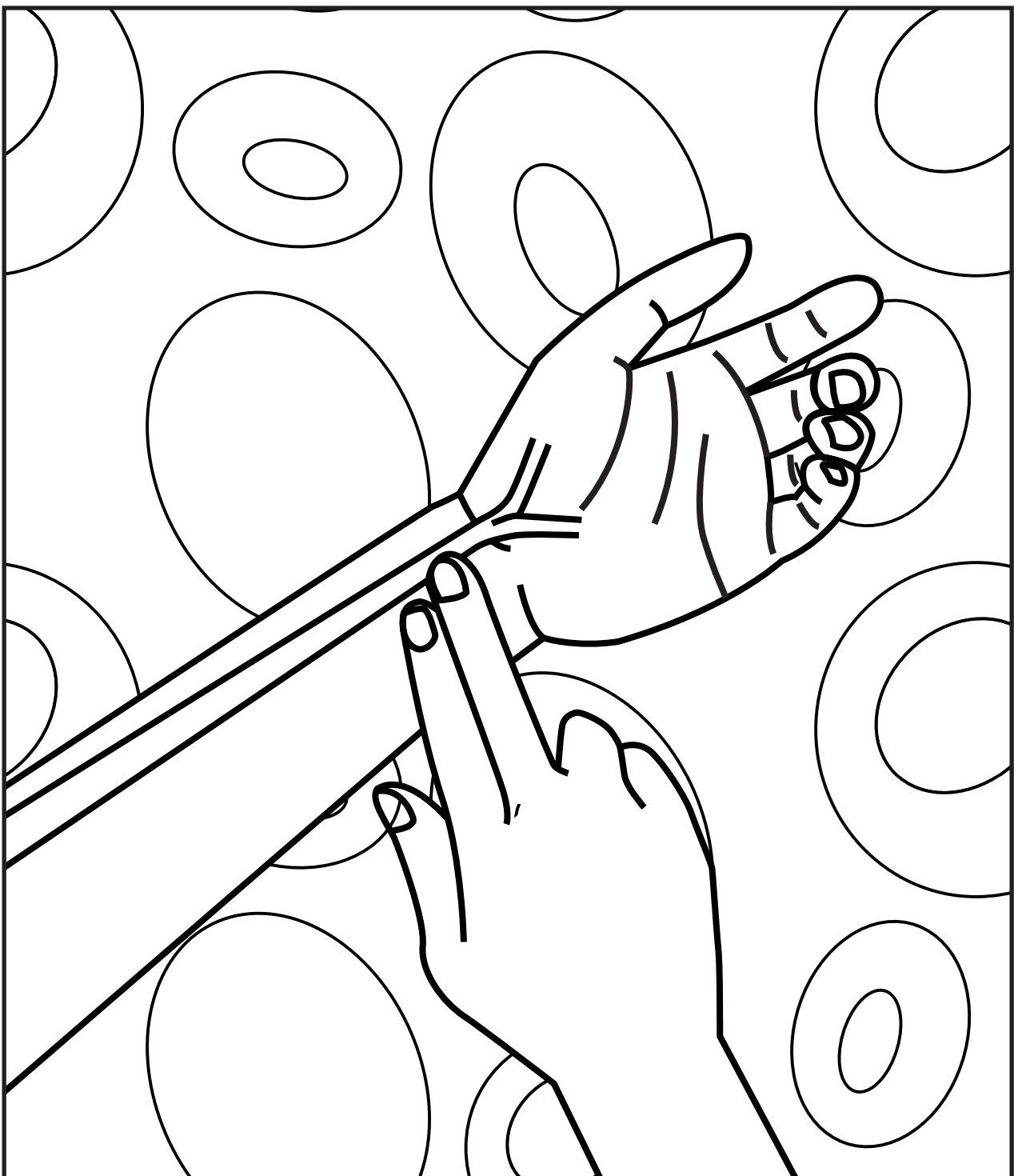


## Did you know that your heart is one of the most important parts of your body?

Your heart's job is to pump blood throughout your body to make sure you can learn, play, and do all the things you do every day. It works hard all day long – even when you are sleeping!

**TRY IT:** Put your two fingertips where your thumb meets your wrist and press gently. Can you feel your heartbeat?

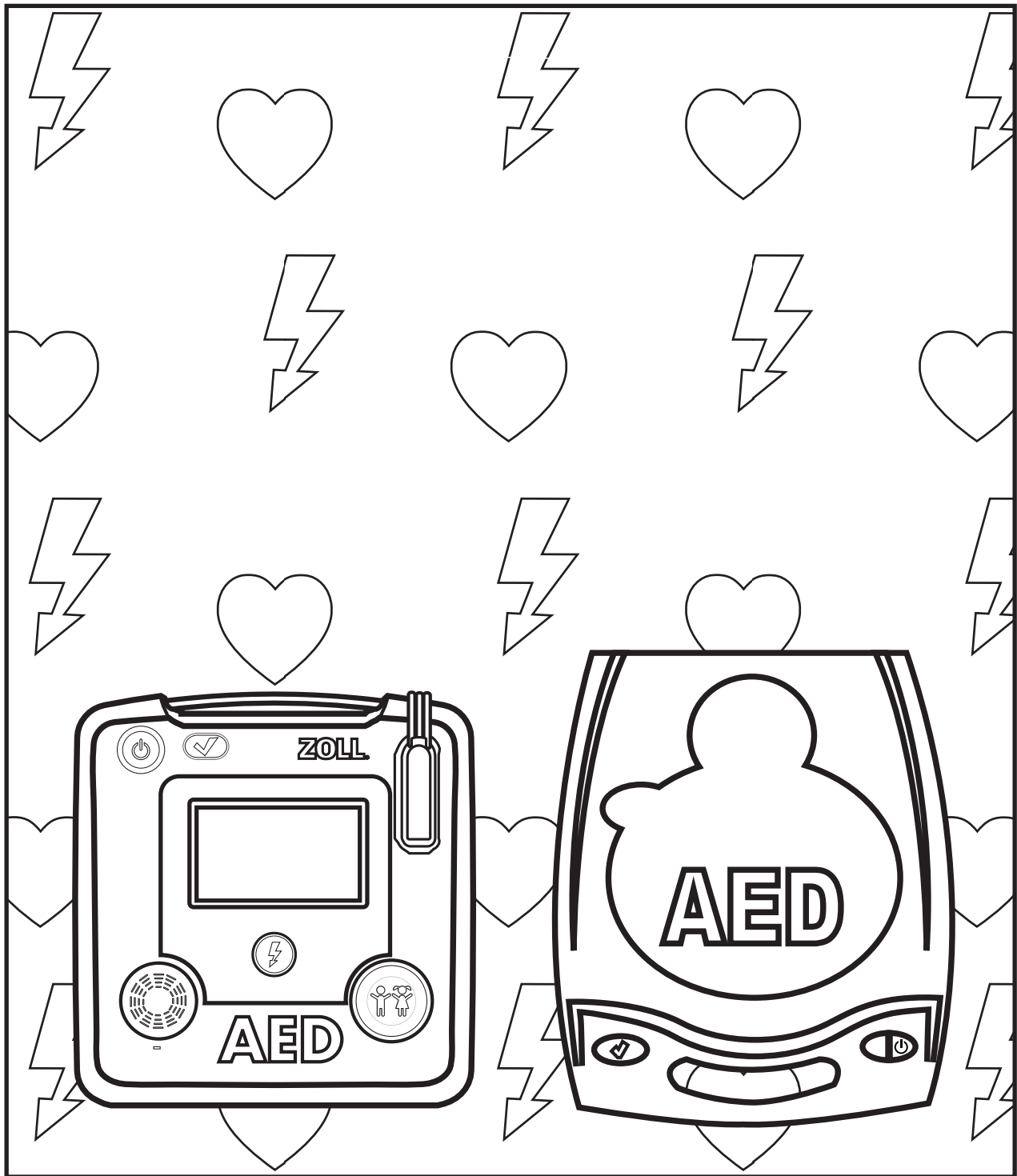
Here is a picture for you to colour.



## Hearts are like superheroes – they are always at work and need very little rest.

But if someone's heart ever does take a rest, a machine called an AED can help it go back to working like it should.

Here is a picture of ZOLL AEDs for you to colour.



## You might see AEDs in schools, airports, libraries, and other places where lots of people go.

They are placed where people can find them easily, just in case someone's heart needs some help getting back to work. AEDs are easy to use, so almost anyone can use one if they need to.

Have you ever seen an AED? Where was it?

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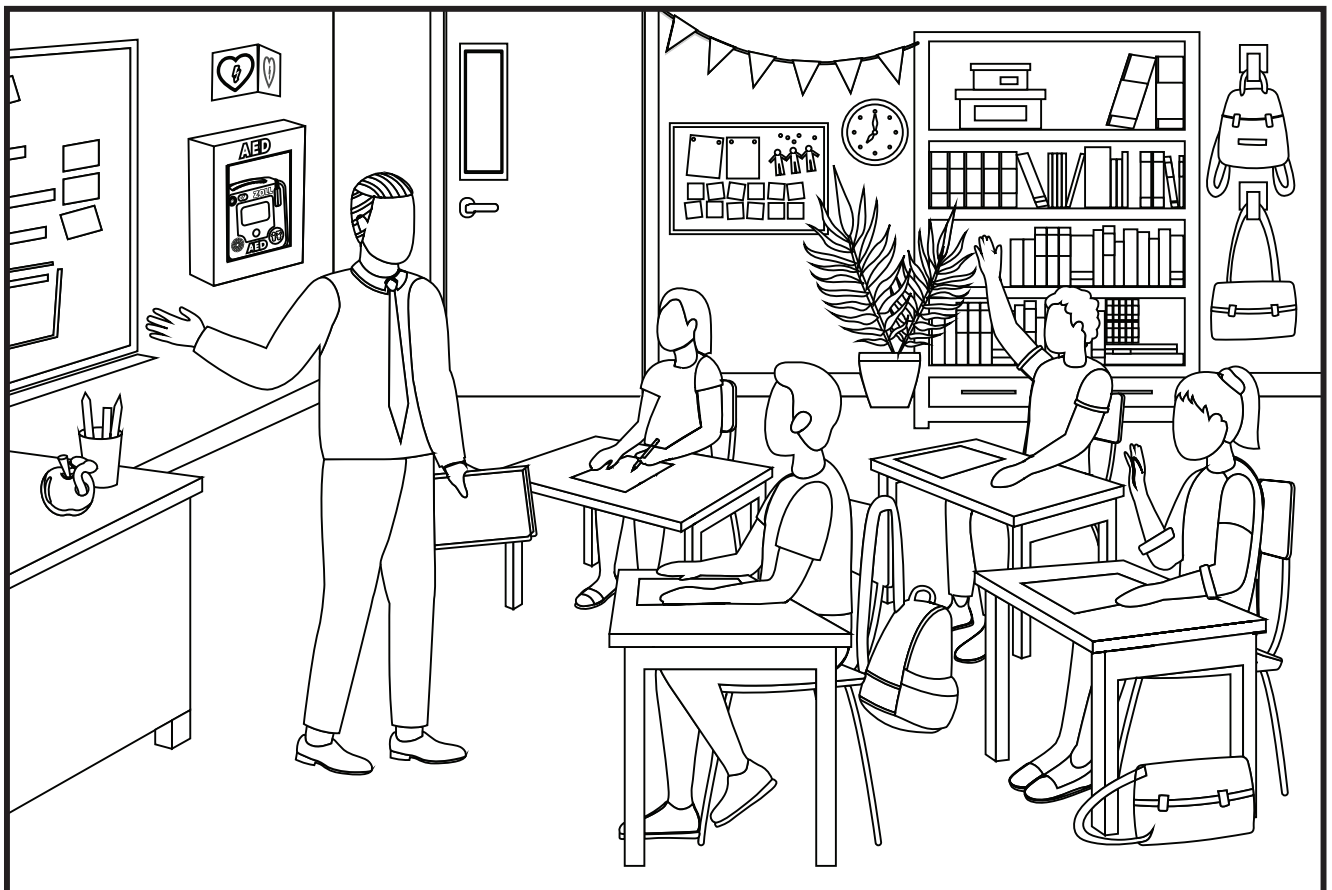
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Can you find the AED in this picture?

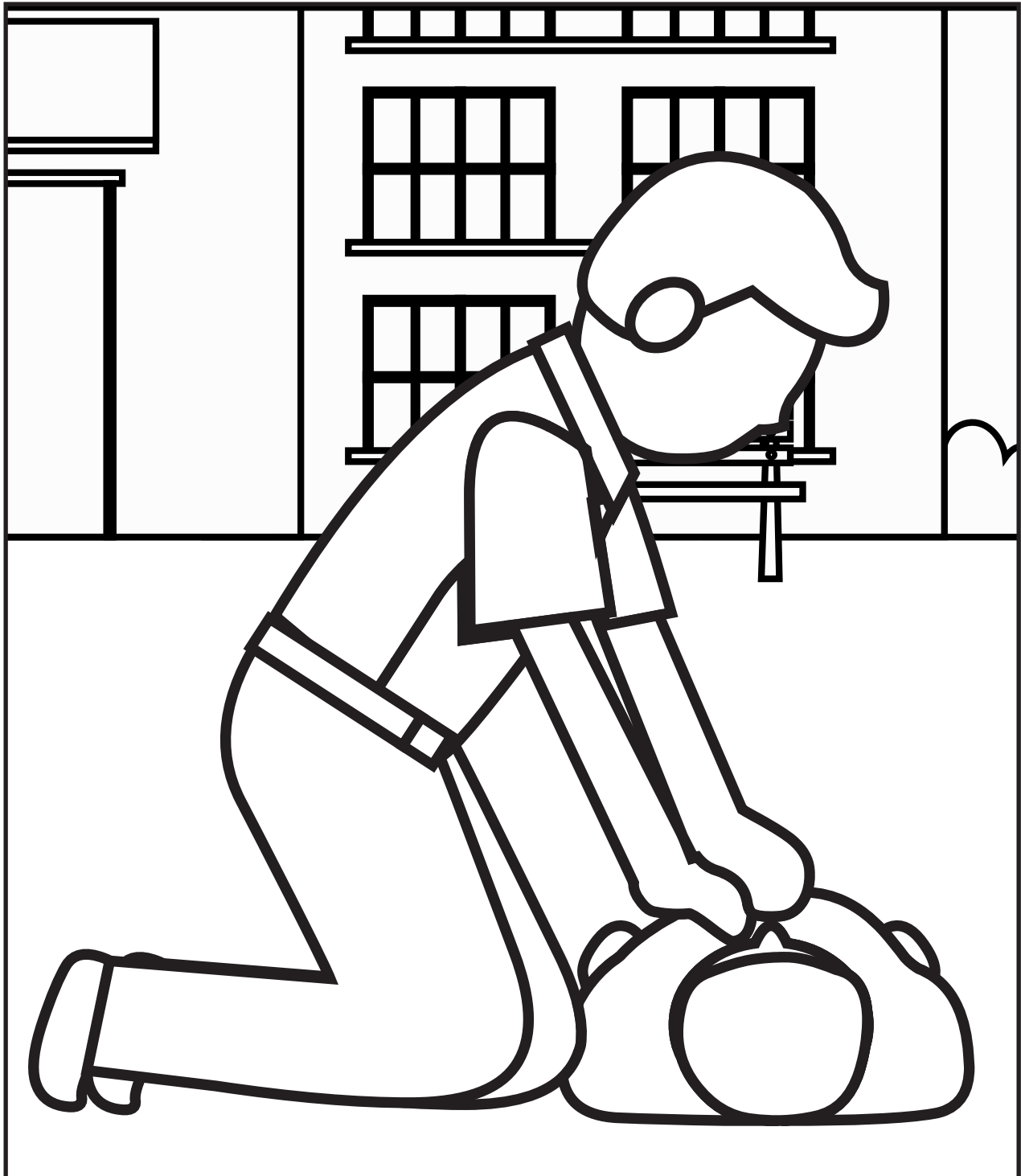


Another way to help a heart is to do **CPR**.

**CPR** stands for “**cardiopulmonary resuscitation.**”

Doing CPR helps the blood move in a person’s body when their heart isn’t working as it should. It is important for someone to do CPR right away, even before using an AED and before rescuers arrive.

Here is a picture for you to colour.



# When someone's heart needs help, they might have trouble breathing and they might even fall down.

If you see this happen, call for help and look for an adult or a helper.



If you have a phone, call the emergency number right away. If you don't have a phone, ask someone else to call the emergency number.



If you see an AED, get it or ask an adult to get it.



Ask for someone to start doing CPR.



Can you find your way through the maze to the AED?



Draw a line connecting each picture with the action that goes with it.

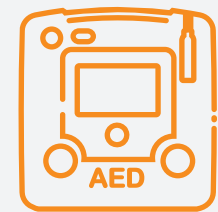
Do CPR



Get AED



Call emergency services



Below, write the telephone number you should call right away on a phone to get help in an emergency.

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