

2 STEPS 2 Save A Life



Irish Heart
Foundation

If someone collapses:

1



2



100-120
TIMES
PER MIN



Emergency services can
get to you faster if you
know your Eircode.
Note it in the box below and
keep it where it can be seen.

KINDLY SUPPORTED BY

Bank of Ireland



**We don't just
wear our heart
on our sleeve.**

Bank of Ireland 

 **Irish Heart
Foundation**