

## Did you know?

Only 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. In places where life saving skills are more widely taught, like Norway, this rises to 7 in 10.

Help us to become a nation of lifesavers today!



[www.heartstartmeonvalley.co.uk](http://www.heartstartmeonvalley.co.uk)

# Emergency Life Saving Skills Training

## Free Online and Face-to-Face Training

We offer emergency life saving skills training to schools, community groups, businesses and members of the public. The training covers:

- ◆ How to approach a medical emergency
- ◆ Calling the emergency services
- ◆ Dealing with an unconscious person
- ◆ Administering Cardio-Pulmonary Resuscitation (CPR)
- ◆ Recognizing the signs of a heart attack
- ◆ Responding to a choking incident
- ◆ Dealing with a serious bleed
- ◆ Using an Automated External Defibrillator (AED)

Meon Valley Heartstart  
Scheme Coordinator  
David Williamson

8 Eastways  
Bishop's Waltham  
SO32 1EX  
Charity No: 1190496

Phone: 07730148920  
E-mail:  
[info@heartstartmeonvalley.co.uk](mailto:info@heartstartmeonvalley.co.uk)

**We have already trained 25,000 people.**

**Our vision is to train another 50,000 by 2030.**



MEON VALLEY  
**HEARTSTART**  
UK

Heartstart Virtual Training

Life Saving Skills for Adults:  
How to deal with a medical emergency

Recovery Position

Heartstart Recovery Position

Which of the following describes the obvious signs of a Heart Attack?

- Unconscious; not breathing; pupils dilated
- Unconscious; Normal breathing; Flushed Skin
- Conscious; chest pains; sweating; breathlessness
- Conscious; normal breathing; no pain anywhere

## What People Say About Us

It was a very good course and I feel confident that I could have a go at saving someone or trying which I wouldn't have before.

I was very grateful that I came on this course as my daughter suffered a massive fit and I was able to use the skills I learned.

Our son unfortunately choked on a piece of meat recently, and with your training we managed the situation and were quickly able to dislodge the meat.

And there are many more testimonials [here](#).

## Who We Are

Established in 2001, we are a Hampshire based charity formed to help save lives by training people in emergency life saving skills. We offer a completely free service and all of our work is done by volunteers. All of our trainers have operational emergency experience and are fully qualified to provide training in emergency life saving skills.

**We rely completely on donations and grants to run our operations. If you would like to support our work click below!**



Meon Valley Heartstart: Winner - Best Educational Establishment of the Year

[Click to Donate](#)