

# EMERGENCY LIFE SAVING SKILLS TRAINING

*for children and young people*



Donate Now



## 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.



## WHAT THE TRAINING COVERS:

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

## FOR BOOKINGS:

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

Phone: 07730 148 920

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

Charity No: 1190496

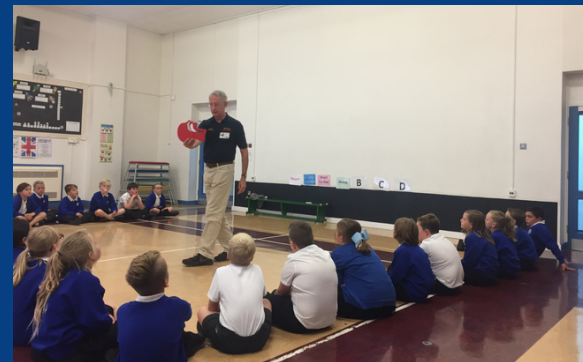


"If I didn't do the Heartstart Course I don't know what would have happened to dad."

### 11 year old whose father suffered a heart attack

“ I just wanted to contact you to thank you and your team for your amazing hard work at the end of the last academic year at the school. As ever, your delivery and service was second to none. I can't tell you how much we value your input every three years. The children and staff gain so much from your work and they were buzzing after the sessions they undertook.

**Headteacher of Hook with Warsash  
Church of England Academy**



"This was a great initiative."

"I love it that you've taught teenagers these skills. My son really enjoyed the sessions too."

"Brilliant training!"

**Brookfield School Citizenship Leader  
following training for all Year 8 & 9  
pupils (750 in total)**

