



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

Phone: **07730 148 920**

E-mail: info@heartstartmeonvalley.co.uk

EMERGENCY LIFE SAVING SKILLS TRAINING



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.

Donate Now



Charity No: 1190496

SEE WHAT OTHERS THINK

"Fantastic and hands-on, everyone enjoyed the session"



"Thank you so much for the excellent session you did with the guides last week. They really enjoyed it and we were glad to revise their first aid skills as part of their first aid badge."



"Thank you for the first aid course yesterday. I thought the course was great - informative, well delivered and above all useful".

