



Free Heartstart Training

This Heartstart course lasts two hours and teaches basic life-support skills to enable you to give *life-saving support* until ambulance staff arrives. The course includes:

- Cardiac arrest
- How to recognise and manage a heart attack
- How to perform cardio-pulmonary resuscitation (CPR)
- Putting someone into the recovery position
- Treating major bleeding and adult choking
- Defibrillator familiarisation.

Course requires no special medical skills -all the classes are free and only take two hours and is suitable for adults and children over 10 years of age.

Ideal class sizes vary from 6 to 12 people and can be held at your venue

	<p>The Heartstart initiative is coordinated by the British Heart Foundation (www.bhf.org.uk) and participants receive a certificate of attendance.</p> <p>CONTACT: www.planforsafety.co.uk</p> <p>020 3598 0713 info@planforsafety.co.uk</p>	
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