



Heartstart courses teach you CPR and other emergency lifesaving skills and they are free to attend.



Two hours for life

A Heartstart course lasts around two hours. On the course you'll learn about:

- Dealing with an unconscious person
- The signs and symptoms of a heart attack
- Recognising a cardiac arrest and performing CPR
- Dealing with choking and serious bleeding
- Using the AED (De fib) that is now at your local fire station

Learn the skills

We are holding a **free Heartstart course at**

The Village Hall, Siptonthorpe

11th July 2016 – 2.30pm to 4.30pm and 7.00pm to 9.00pm - **Just turn up.**