



HEART START

Monmouth Comprehensive Friends Association

HEARTSTART
MONMOUTHSHIRE UK

FREE 2 hour Emergency Life Support course

Date: Saturday 29th October 2016

Venue: Crawley Hall, Bryngwn, Nr Raglan

Time: 9am to 11am

The Heartstart programme includes skills such as:

- assessing an unconscious patient
- performing cardiopulmonary resuscitation (CPR)
- use of a defibrillator for someone in cardiac arrest
- dealing with choking
- serious bleeding
- helping someone that may be having a heart attack.



Did you know?

- Every **6 minutes** someone in the UK dies from a **heart attack**
- Being able to do **CPR** more than **doubles** their chance of **survival**.
- To date 2.6 million people have been trained through Heartstart.

Places are free and available to anyone aged 10 years and older. Places are limited to 12 participants for the 2 hour session and must be booked through

Monmouth Comprehensive Friends Association

www.moncompfriends@gmail.com

Heartstart Monmouthshire is a voluntary scheme run by volunteers and supported by donations and fundraising.

BE EXTRAORDINARY

The BHF's Heartstart initiative teaches members of the public what to do in life threatening emergency

Want to find out more about Heartstart?

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twitter.com/HeartstartMon

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