



**HEART  
START**

**SIMPLE SKILLS SAVE LIVES**

# HEART START COURSE

Why not learn (or refresh your knowledge of) CPR and other **life saving** skills? including the use of AEDs (Automated External Defibrillators)

It's simple and **FREE**, it only takes about 2 hours and it could help you save a life!

**Wednesday 18<sup>th</sup> January 2017 – Skelsmergh Community Hall – 7- 9pm**

'Heartstart' is a British Heart Foundation initiative that teaches members of the public what to do in a life-threatening emergency. More information at [www.bhf.org.uk](http://www.bhf.org.uk).

The course will be run by volunteers from Kendal Community First Responders and we'll cover the following:

- Casualty assessment
- CPR (chest compressions)
- Use of AEDs (Automated External Defibrillators) – this is really easy!
- Heart attack
- Choking
- Bleeding

A defibrillator will be installed at Skelsmergh Community Hall in the new year. Don't miss this chance to increase your confidence in using it!

**Please contact Mary Chapman to book a place on the course.**

Tel 01539 731863 email [i.chapman434@btinternet.com](mailto:i.chapman434@btinternet.com)