



HEART START



Cornwall and Isles of Scilly

FREE EMERGENCY LIFE SUPPORT SKILLS COURSE **In Redruth on**

Monday 9 th Jan 12.45 pm to 2.45pm Gweal an Top
Monday 16 th Jan 5.30pm to 7.30pm Children's Centre, Drump Road.
Monday 23 rd Jan 12.45pm to 2.45pm Gweal an Top
Monday 30 th Jan 5.30pm to 7.30pm Children's Centre, Drump Road.
Monday 6 th Feb 12.45pm to 2.45pm Gweal an Top
Monday 20 th Feb 12.45pm to 2.45pm Gweal an Top

Heartstart is an initiative developed and funded by the British Heart Foundation to teach members of the public what to do in an emergency, vital lifesaving skills;

SIMPLE SKILLS THAT SAVE LIVES.

Emergency life support skills are a set of simple techniques that can keep a person alive until professional help arrives.

The two hour course includes:

- General care of a casualty and getting help
- Dealing with an unconscious casualty who is breathing
- Dealing with a suspected heart attack casualty
- Performing CPR and rescue breathing
- Dealing with choking
- Dealing with serious bleeding

Book your 2 hour session by phoning Emily Beech 01209 310066 or email: healthtrainers@ciospct.cornwall.nhs.uk