



# HEART START

## Two hours for life

A HEARTSTART course lasts around two hours and will cover the following topics:

- Dealing with an unconscious person
- The signs and symptoms of a heart attack
- Recognising a Cardiac Arrest and performing C.P.R.
- Dealing with choking
- Dealing with serious bleeding

We are offering a course for between 4 - 16 people who are willing to learn about the above:

*on* **Dates to be confirmed.**

*at* **Leigh View Medical Practice**

If you wish to attend one of these **FREE** courses then please give your name, contact number or email address to Reception, and you will be contacted by the Patient Club.

## BE EXTRAORDINARY

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

[www.bhf.org.uk](http://www.bhf.org.uk)