



Tarvin Heartstart Course

Free training on how to provide emergency life skills

Includes;

Helping a conscious casualty

Getting help and using the recovery position

Learning how to perform chest compression and rescue breathing (CPR)

Dealing with a suspected heart attack

Choking

Serious bleeding

Operating an automated external defibrillator (AED).

7th September 2015, 6pm – 8pm, Tarvin Community Centre

Please Contact Sarah Dobbins to book your place

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