



ELS TRAINING CAN TEACH YOU HOW TO:

- Recognise the signs and symptoms of a heart attack
- ✓ Perform CPR (chest compression and rescue breathing)
- Deal with choking and serious bleeding
- Put someone in the recovery position

HOW CAN I LEARN TO SAVE A LIFE?

EASY - Take a free Emergency Life Support Course (ELS)

- a British Heart Foundation (BHF) initiative, which shows you what to do in a life threatening emergency

It's hands-on, and teaches you the simple skills that saves lives

TALK TO US ABOUT ORGANISING YOUR FREE COURSE South East Coast of Find us on Facebook.

