



# HEART START



## Would you know what to do in a life-threatening emergency?

Learning emergency life support skills (ELS) can help you keep someone alive until professional help arrives. **BHF Heartstart** initiative teaches people what to do in a life-threatening emergency – simple skills that save lives.

**Heartstart** schemes are independent of the BHF and provide free ELS training in the community. They are aimed at the public, and anyone can learn the complete range of ELS skills which are even more important in rural communities.

The **Heartstart** programme includes skills such as:

Assessing an unconscious patient (DR ABC)

Performing cardiopulmonary resuscitation (CPR)

Dealing with choking

Serious bleeding

Helping someone that maybe having a [heart attack](#)



Knowing what to do when someone has a [cardiac arrest](#) is important. If you can do CPR you can buy the time needed for professional help to arrive and save the life of your loved one. Being able to do CPR more than doubles the chances of survival.

The **Heartstart** course is designed the course to follow the current [Resuscitation Council](#) (UK) guidelines.

To date 2.6 million people have been trained through **Heartstart**.

## **Heartstart in your community**

**Heartstart Brecon Beacons** offer ELS courses that are open to the general public in local rural communities throughout the National Park. The courses are offered **FREE OF CHARGE**.

The course lasts for three hours and provide practical hands-on learning. Courses are limited to six participants in order to provide effective training to adults and older children.

## **Are you interested in attending a course?**

If your community group would like to attend a course then please contact:

Alan Ward

Tel 01874-625077 or email: [info@bigfootservices.co.uk](mailto:info@bigfootservices.co.uk)

# BE EXTRAORDINARY

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

This content hasn't been produced by the BHF and doesn't necessarily reflect our views.  
British Heart Foundation 2010, a registered charity in England and Wales (225971) and Scotland (SC03926)

