



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

St.Albans Judo club has joined forces with the British Heart Foundation to bring Heartstart to the Judo community.

Our Heartstart scheme teaches people what to do in a life-threatening emergency

### - Simple Skills That Save Lives -

Our scheme is supervised and supported by the East of England Ambulance Service.

Heartstart St.Albans Judo club runs free Emergency life support training courses to its members and the wider community, anyone from the age of 10 can attend and learn these life saving skills.

The Heartstart program includes skills such as:

- Assessing an unconscious patient
- Performing CPR
- Dealing with choking
- Serious bleeding
- Helping someone that may be having a heart attack

The course lasts just 2 hours, is practically based and is completely **free**

Knowing what to do when some one has a cardiac arrest is important. If you can do CPR you can buy the time needed for the Ambulance to arrive and save a life. Being able to do CPR more than doubles the chances of survival.

St.Albans Judo club are pleased to be able to offer Heartstart courses at the BJC Cromer Course, May 30<sup>th</sup> - June 3<sup>rd</sup>.

For further details please email – [sajcheartstart@yahoo.co.uk](mailto:sajcheartstart@yahoo.co.uk)

